

Senior Share: Delivering Nutrition, Independence, Compassion, and Connection



Carol



Joan



Dave and Al



Maureen



Meg

For many older adults in our community, getting to the food pantry isn't simple. Mobility challenges, health concerns, and limited transportation can make it difficult—or impossible—to access nutritious food regularly. That's why WAFER launched Senior Share in 2009: to bring healthy, reliable food directly to seniors who need it most and help them remain safely in their homes longer.

Each month, participants receive a thoughtfully assembled food package that includes both shelf-stable items and fresh foods available in the pantry—meat, dairy items like cheese, milk, cottage cheese, and yogurt, bakery items, produce, and even a small sweet treat. Volunteers pack each box with care, taking into account dietary restrictions, personal preferences, and health considerations whenever possible. It's a personalized approach that supports both nutrition and dignity.

The Volunteers Who Make It All Possible

Senior Share thrives because of a dedicated core of volunteers who handle everything from packing to delivery. Using their own personal vehicles, they load up the monthly food packages and spend about four hours each month delivering vital nutrition across La Crosse County. Many have been part of this work for years—some for more than a decade.

Their role extends far beyond dropping off food. Over time, they build meaningful relationships with the seniors they serve. They check in, share conversation, and offer a familiar, friendly presence. Often, they become an informal safety net—an extra set of eyes for potential concerns related to health, mobility, or home safety. Their steady commitment ensures seniors are not only nourished, but also seen, valued, and connected with.

These volunteers are love in action. Their presence tells our neighbors that they matter, that they are remembered, and that this community cares deeply about their wellbeing.

Senior Share continues to grow because of their dedication and the generosity of our supporters, like you. Together, we're ensuring that older adults receive not just food, but connection and the support needed to remain independent at home.

YOUR GIFTS AT WORK, MORE THAN JUST A MEAL



When Emily comes to WAFER, she is doing what every parent hopes to do—making sure her children are fed and cared for. Emily is a mom of three, raising two teenagers and a toddler. Over the past three years, she has relied on WAFER Food Pantry to fill the gaps. Alongside FoodShare, WAFER's support helped her family stay afloat.

Recently, that stability was shaken. Cuts to FoodShare benefits left Emily frightened about how she would continue to meet her family's food needs. When she arrived at WAFER, she shared her fears openly—concerned not only about having enough food, but about being able to provide healthy meals for her growing children.

This is where **your generosity** made an immediate difference.

Emily spoke with Laura (pictured right), one of our staff members who works closely with shoppers. Laura listened and reassured her that WAFER would continue to be there for her family. She reminded Emily that, in addition to receiving a once-monthly complete food package, her family could also access weekly produce pickup options.



For Emily's family, who are vegetarians, this was especially meaningful. Fresh produce is essential to their diet—and healthy food often costs more. Knowing that she could count on weekly fruits and vegetables, on top of a full monthly food package, brought real relief during an uncertain time.



What began as a visit filled with uncertainty ended with reassurance. Thanks to donor support, Emily left knowing her family would have consistent, nutritious food on the table—and that WAFER could accommodate their lifestyle and dietary needs, not just provide basic groceries.

Your financial contributions make this kind of support possible. They fund retail recovery routes that supply fresh produce, flexible programming, and compassionate staff who take the time to listen and respond to each family's situation. Because of you, families who come to WAFER worried about how they will make it through the month leave knowing they are supported, respected, and not alone.

Thank you for helping ensure that families in our community don't just get by—but continue to thrive.

HOW ONE VOLUNTEER JOURNEY LED TO STRATEGIC GIVING FOR WAFER'S MISSION

"Do you own stock or mutual fund shares that have increased in value over time? Would you like to maximize the impact of your donation to WAFER? If so, you may want to explore the option of donating shares of stock or mutual funds directly to WAFER.

I started volunteering at WAFER about 1.5 years ago. It has been a meaningful way to help people meet their basic needs in a compassionate, respectful environment. Along the way, I've also found a wonderful group of friends who share a deep concern for our community.

Soon after seeing firsthand how WAFER supports those in need, my wife and I decided to increase our support by making a financial contribution. With guidance from our financial planner, we learned about a way to maximize our giving by donating appreciated stock or mutual fund shares directly to WAFER.

Here's a simple hypothetical example:

- If we sold \$100 worth of stock, imagine that the sale triggers \$20 in federal and state capital gains taxes. After paying the tax, we could donate the remaining \$80 to WAFER. If we itemize, we would receive an \$80 charitable deduction.*
- Now consider donating \$100 of stock directly to WAFER. We avoid triggering capital gains tax entirely. WAFER can sell the stock without paying tax as well. If we itemize, we would receive a full \$100 charitable deduction.*

By donating stock directly, we can increase our contribution from \$80 to \$100 while eliminating capital gains tax—and increase our itemized deduction at the same time.

I would be happy to share my experience with this process. Erin can provide my contact information. As always, please consult your financial advisor to confirm how this strategy may benefit your personal situation."

~MS

Gifts of cash and/or commitments to be given over a 3-year fulfillment period are welcomed. By using the QR code below, you can make a one time gift, schedule monthly gifts, or a 3-year pledge.

A tax benefit may be realized by making an IRA Charitable Distribution gift. Individuals age 70.5 or older may consider making a gift through a Qualified Charitable Distribution (QCD). A QCD is a direct transfer of funds from your IRA. These gifts can be counted, up to \$111,000 annually, toward satisfying your required minimum distributions (RMD) for the year. **A QCD excludes the amount donated from taxable income.**

WAFER can accept gifts of stock, bonds, or mutual funds. You can transfer stock to WAFER and take a tax deduction based on the market value of the stock at the time of the gift.

You can also make a gift through your **Donor-Advised Fund.**

Support WAFER with Thrivent Choice®

Eligible Thrivent members can direct Choice Dollars® to WAFER at no cost. It's a simple, impactful way to help our community. Learn more at thrivent.com.

It is important to contact your donor advisor, accountant, or attorney for guidance when considering any of the mentioned tax advantage options.

If you have questions about any of these giving options, please contact Erin Waldhart at 608-782-6003 or email waferdirector@waferlacrosse.org.



Every gift makes a difference.

Thank you for your consideration!



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**Visit waferlacrosse.org to sign up
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YOU Help Emily Feed Her Family!

OUR MISSION: RESPONDING TO GOD'S LOVE, WAFER PROVIDES FOOD AND WORKS TO ELIMINATE HUNGER.

40 Years
 Serving Neighbors

New Households
+700

38,000
 Total Neighbors Fed

Meals Provided
1.3M



**Celebrating
 2025**

Nutrition Education
 Classes Offered
9

Volunteer Hours
24,400

