

# JOSEPH DREAMHOUSE CDC



NEWSLETTER

MAY 2022 ISSUE

Happy  
(belated)  
MOTHER'S DAY

## STATS AT A GLANCE

24,248 INDIVIDUALS  
SERVED IN APRIL

86,566 INDIVIDUALS  
SERVED SO FAR IN 2022

36,176 CHILDREN  
SERVED SO FAR IN 2022

## A MOTHER'S LOVE

During the month of May, we set aside a day to celebrate mothers and motherhood in all of its forms. But who is to say that we shouldn't celebrate it beyond the second Sunday of the month? At the root of a mother's love is a desire to nourish her child(ren)—mind, body, and soul. It is reflexive, a powerful and pervasive instinct that has existed matrilineally through thousands upon thousands of generations. Joseph Dreamhouse CDC is run by a powerful and compassionate woman, a mother, who aims to share this love with her community. Our coworkers affectionately call her Mama Fran. And it seems that there is no limit to this love for her community—2022 has been a monumental year so far for Joseph Dreamhouse CDC with the number of families we feed ever on the rise. Chef (Mama) Fran also launched an educational YouTube channel, MaChef'n, to help spread awareness about food insecurity and share her abundance of nutritious and delicious recipes. Be sure to check it out! Mother's Day may have already passed, but that does not mean you cannot celebrate the strong women in your life all throughout the year by cooking them Chef Fran's [scrumptious salmon wellington!](#)



### SPECIAL THANKS TO:

I'd like to give a special shout-out and heartfelt thanks to Dan Golka, the social media influencer from Youtube's iAllegedly for all of his support!

As always, thanks to our generous in-kind donors: Whole Foods, Target, Fresh Market, Walmart, Publix, Winn-Dixie, and Trader Joe's.

### FOLLOW US ON SOCIAL MEDIA!

You can follow us on Twitter, on Facebook, and Instagram. Make sure to keep up with the latest issues that we are passionate about on our blog! Our YouTube Channel, MaChef'n, is also up and running! Be sure to Like and Subscribe!



## A MOTHER'S SACRIFICE

Food insecurity, the inability to consistently access healthy food, is skyrocketing, but women—and especially mothers—are carrying much of the burden. According to the USDA, household food insecurity rates for households with children headed by a single mother (30.3%) is particularly high, with one in four women with children reporting experiencing food insecurity. When families do not have enough food, experts say, mothers are the most likely to suffer, often skipping meals or eating less to shield their children from experiencing hunger.

This often has a detrimental affect on a mother's mental health. According to a recent study by the American Academy of Pediatrics, mothers with school-aged children who

face severe hunger are 56.2% more likely to have PTSD and are 53.1% more likely to have severe depression. The inability to feed your loved ones can have severely traumatic effects on a person's mental health. Other similar studies have found that mental illness for single mothers increases as food scarcity continues, nearly tripling the risk for depression and severe anxiety.

Here at Joseph Dreamhouse CDC, we aim to alleviate these non-nutritional health detriments as well by providing families—especially those headed by single mothers—with healthy, nutritious foods thereby removing the worry of where their next meal will come from and assuaging their anxiety and depression.

## MEMORIAL DAY MUSINGS

While each of us celebrates the three-day weekend this month in our own favorite way—whether it's with a backyard barbecue, a family camping trip, or taking time to plant your flowers—we all know there's a much greater purpose for Memorial Day than simply kicking off the summer season. Today is the day for us as a nation to pause and remember the men and women of the military who lost their lives serving our country. Originally introduced in 1868 as "Decoration Day", its purpose was to honor fallen Civil War soldiers by decorating their graves with flowers. Renamed Memorial Day after World War I, it was then expanded to pay respect to all Americans who died in military service. It's believed the last Monday in May was chosen because that's when flowers are in bloom all over the country. President Nixon finally made Memorial Day a federal holiday in 1971. Today, there are

countless Memorial Day events nationwide that range from lively parades to traditional ceremonies, like laying a wreath at the Tomb of the Unknown Soldier in Arlington National Cemetery. But even if you're celebrating in your own backyard, you can still pay respect to our nation's heroes in a simple yet meaningful way by observing the National Moment of Remembrance at 3:00PM.

It's important to remember that the brave men and women we're commemorating today died not only for our freedom as a nation, but for each one of us personally to live a safe and fulfilling life. To those of you currently serving in the military, we honor you with the utmost respect and gratitude and wish you a happy and peaceful Memorial Day. To learn more about veterans, [their struggle with food insecurity](#), and [how to help](#), visit our blog at [jdhdcd.org/blog](http://jdhdcd.org/blog)!

## MOMENT OF REMEMBRANCE

"As we contemplate the comforts and blessings of our lives and the well-being of our nation, I ask you to pause just for a moment to remember those who gave their lives to protect the values that give meaning to our lives." – President Bill Clinton, May 31, 1999

