

Founded 2005

Serving Los Angeles &  
San Bernardino Counties



Sowing  
Seeds  
For Life

“Where food is just the start”

Newsletter Date Summer 2025

## Back to school supply drive



Upcoming Pomona Dis-  
tribution Dates  
Charisma Life Church  
305 E. Arrow Highway.

August

No Pantries in in Pomona

Sept 3rd & 17th

October 1st & 15th

November 5th & 19th

December

Annual Holiday Distribution  
10th

Hours of distribution are  
10:00 a.m.—12:00 p.m.

Grand View Baptist Church  
Last Saturday  
22755 Vista Grande Way  
Grand Terrace.  
10:00 a.m.-12:00 p.m.

We are hoping to raise enough funds to provide 100 backpacks and supplies for local kids this school year.

\$10.00 will allow us to give a backpack to the first 100 families attending our September 3rd food distribution at Charisma Life Church in Pomona.

If you would like to help purchase backpacks, please go to our website at

[SowingSeedsForLife.Org](http://SowingSeedsForLife.Org) to make your donation online.

Or mail your check to  
Sowing Seeds For Life,

1350 Arrow Highway, La Verne, CA 91750

Attn: Back to School

**School supplies may be dropped off at the SSFL address above.**

Deadline is August 29th.

For more information, please call 909-293-7096

Thank you.

Office  
1350 Arrow Highway,  
La Verne, CA 91750  
909-293-5535

# Care for Caregivers

We launched this program over a year ago with a single purpose, to assist people caregiving for loved ones in home hospice or palliative care.

Caregivers are one of the fastest growing populations of individuals in our community as they not only care for aging parents and grandparents but also for any critically ill or end of life people.

While many wonderful hospice and palliative care agencies provide for the needs of the patient, caregivers who are a vital necessity for the person in need of round the clock care are usually not eligible for any assistance through such agencies.

Often, caregivers forgo sleep, food, hygiene and essentials for themselves while they are caring for a loved one and selfcare is not selfish. It is vital.

It is common for them to not know what is needed at the start, either they do not have the time, energy or funds to obtain essentials for themselves. As they are far too busy doing everything for their loved one.

This program aims to assist caregivers by providing nutritional and essential goods for the daily needs of the caregiver.

If you or someone you know is assisting a loved one in Hospice or Palliative care at home and can benefit from this program, please reach out.

All services are free of charge and provided without insurance thanks to a generous sponsor.

Please contact us at

Froberton@sowingseedsforlife.org

Or, call at 909-293-7096

## Caregiver Demographics and Challenges:

- The average age of caregivers is approximately 59 years.
- A large majority of caregivers are female (82.9%).
- Most hospice caregivers are family members and unpaid.
- Challenges faced by caregivers include patient care and symptom management, inadequate social support, communication issues, and financial concerns.

## Hospice Patient Demographics:

Medicare remains the primary payer for hospice services, covering 84% of days in 2023.

## Specific challenges and potential solutions

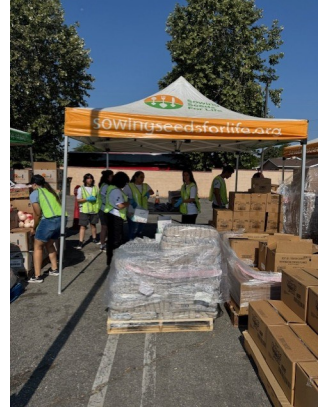
- **Caregiver Stress and Burden:** Hospice caregiving is highly demanding, impacting the physical and emotional well-being of caregivers. Interventions focusing on strengthening coping skills and providing respite care are needed to support caregivers.

**Financial Concerns:** Caregivers frequently face financial difficulties, stemming from reduced work hours, medical expenses, and uncertainty about long-term financial planning.

*"There are only four kinds of people in the world: Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver."*

## Volunteers and our partners, always caring.

Thank you to the wonderful students, faculty and staff of University of La Verne for helping us at pantry. As we carry on through this our 20th anniversary we are so grateful to welcome back ULV as they were one of the very first groups of volunteers who stepped up to help us back in 2007. Wishing you a wonderful school year to all and looking forward to working with you again.



University of  
La Verne

## Thank You

ADT  
 Albertson's  
 Baby 2 Baby  
 Benevity  
 Blue Triton Brands  
 Cal Poly Pomona  
 Car Max  
 Charisma Life Church  
 Chaffey College  
 City of Pomona  
 Community Action Partners  
 Direct Transport  
 ERM Foundation  
 GFWC La Verne-San Dimas Woman's Club  
 Gilead Sciences Inc.  
 Good 360  
 Grand View Baptist Church  
 KCAA Radio  
 KOLA Radio  
 Los Angeles Regional Food Bank  
 MadiK Almonds  
 Mt San Antonio College  
 Nestle  
 Panera  
 Pomona Unified School District  
 Print Pro Plus  
 Rosehills Foundation  
 Sprouts  
 Stater Brother Charities  
 Target  
 The Blackbuad Giving Fnd  
 University of La Verne  
 Vintage Grove  
 Vons

Thank you to all of the generous individuals, companies, foundations, and students who donated in person, by mail, online or held drives to assist our clients.

Thank you to all of our wonderful Sowing Seeds For Life Volunteers and team.

We appreciate you all.

### Volunteer Opportunities

If you are looking for a great team building day with your company, service club or classmates why not consider a volunteer day at one of our food distributions?

Some companies even offer a donation match for your dedicated hours which doubles your generous volunteer time.

Volunteers help in so many ways, from distribution day activities to driving and picking up donations or, attending community events and representing Sowing Seeds For Life.

If you have a few hours to give, we have an opportunity for you.

Please reach out to our volunteer coordinator at [Receptionist@SowingSeedsForLife.Org](mailto:Receptionist@SowingSeedsForLife.Org)

### Alternative Pick Ups

Alternative pickup is a way for anyone to pick up food for themselves and up to two additional people or households.

Forms are available at pantry and must be given to a volunteer/staff before items can be received each time.

If you already picked up a form, please bring it with you to pantry.

If you have any questions, please email [receptionist@SowingSeedsForLife.Org](mailto:receptionist@SowingSeedsForLife.Org)