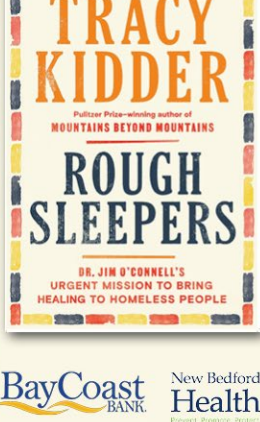


MARCH 2024 | MARION INSTITUTE NEWSLETTER

It's Happening - Get Your Tickets Now!

Postponed last November, but rescheduled for May 2nd, the Marion Institute is pleased to host an evening with **Tracy Kidder**, Pulitzer Prize-winning journalist and author, and **Dr. Jim O'Connell**, 2023 Bostonian of the Year and President of Boston's Health Care for the Homeless. Our conversation will be anchored by Kidder's recent book *Rough Sleepers*, the powerful story of an inspiring doctor and his team who have made a difference in the lives of many by creating a healthcare program for Boston's homeless community. The interconnectedness between housing, food insecurity, and health is coldly logical. The sick and vulnerable become homeless, and the homeless become sicker and more vulnerable. Please join us for this important discussion to address the interconnected levers among homelessness, food insecurity, addiction, and healthcare! [Grab your tickets](#) - it is sure to sell out quickly!



MARION INSTITUTE CONNECTOR SERIES
Thursday, May 2nd 6:00 - 8:00PM
Kilburn Mill, 127 West Rodney French Blvd., New Bedford, MA
Tracy Kidder
Pulitzer Prize-winning journalist and author
Dr. Jim O'Connell
President of Boston Health Care for the Homeless
Join us to discuss Kidder's book, "*Rough Sleepers*" - The powerful story of an inspiring doctor and his team, who made a difference by creating a program to care for Boston's homeless community

BayCoast BANK New Bedford Health NB City of New Bedford Saltonstall Architects Southcoast Health

[Click here for more event info and tickets](#)

Mindfulness-Based Stress Reduction (MBSR) Course

Training starts March 27th



If you missed our live orientations outlining the details, watch this [30-minute orientation video](#) to learn all about the course and enroll today. MBSR is an eight-week experiential course in mind-body awareness that enables you to shift your mindset and experience life with more **balance, ease, and joy!**

[MBSR Course Info Here](#)

Big Progress Down on the Farm

Things have been busy for us at **Frogfoot Farm** in this last month with the weather getting warmer. To make sure we keep up with Mother Nature we have been sprinting to get things in place for our first official season! We started with installing **large soil berms** around the South field which will do double duty as we plant them up for wind protection and to



support our pollinators. The berms will be planted with a mix of native plants that will provide habitat and food for birds, bees, butterflies and other invertebrates.

Once the berms went in, we started erecting a **deer fence** around both fields, critical infrastructure for farms on the Southcoast!



SFPC Looks for Consumer Support for Upcoming Food Budget Programs

Over the next several months, the House and Senate Ways and Means will meet to put together the State Budget to submit to the Governor. We are looking for your support of several critical food budget programs.

Can we count on you?

- An Act Relative to the Healthy Incentives Program
- An Act Establishing Basic Needs Assistance to M.A. Immigrants
- An Act Establishing Farm-to-School Grants
- An Act Encouraging Donations to Persons in Need

Use our new **EASY & FAST** [email tool via Action Network](#) to contact your state legislators and urge them to fund these critical food system programs.



National Food Waste Prevention Week is April 1-7!



According to [ReFED](#), a national nonprofit dedicated to ending food loss and waste, in the U.S. alone, **35% of the 229 million tons of food available go unsold or uneaten**—that's \$408 billion worth of food! The EPA's [Wasted Food Scale](#) shows how to reduce food loss. The first way is to buy and preserve only what is needed. If you have excess food, learn how to [freeze, can, dehydrate, and store food](#). You can also donate excess food to your nearest [Food Pantry](#). Learn more about Food Recovery and Food Waste [here](#).

Join the Marion Institute's Legacy Society using the Rule of 20

With an aging baby-boomer population, we are seeing one of the **largest transfers of wealth ever** from one generation to the next. It is natural to leave your estate to your children and grandchildren, but it is also a time to remember the charitable organizations you support – such as the Marion Institute.

Did you know there is a way to continue your annual gift to the Marion Institute after your lifetime through your estate planning? It's easy to do using the **Rule of 20**. Just take the amount of your annual donation and multiply it by 20. A gift in that amount from your estate, also known as a **planned gift**, to Marion Institute's endowment will permanently endow your annual contribution. How? Up to 5% of the Marion Institute's endowment fund will be distributed annually from the endowment's income and capital growth to the organization's operating budget. So, you can endow an annual gift of \$100 in perpetuity with a planned gift from your estate to the Marion Institute in the amount of \$2,000 [\$100 x 20]. Your options for making a planned gift include a bequest in your will, a distribution from your trust, an IRA/retirement account designation, or proceeds from a life insurance policy.



Please consider expanding your support of the Marion Institute using the **Rule of 20** and become a member of our Legacy Society by making a planned gift. Contact Christy Mach Dubé, Director of Engagement at 508-748-0816 Ext: 118 or cmachdube@marioninstitute.org.

"Blood is the ink of our life's stories."

— Jason Mechalek



a virtual house call for your health and wellness

New Blood: A Closer Look at Live Blood Cell Analysis

Tuesday, April 2nd, 12 noon ET
with Viviani Lima, CNM, New Start Nutri Center



What if there was a way to see the state and activity of your blood cells in real time? What could you learn about your health?

Live blood cell analysis, the topic of our next BioBites in April, is the observation of blood cells using a high-powered specialized microscope. The goal of live blood cell analysis is not to leave with a conclusive finding, per se, but rather to gain insight into the current state of blood cells, platelets, and blood cell activity. From a tiny pin prick on the finger to a colorful image on a screen, trained health care providers use live blood cell analysis as an information-gathering tool—another arrow in the quiver—that may point to common underlying issues discovered under the microscope.

Some of the health concerns that live blood cell analysis can help illuminate are: nutritional imbalances, oxidative stress, parasitic activity, microbes, adrenal stress, toxicity, and digestive problems to name a few.

[Click here to register for our April 2nd BioBites Event](#)

Marion Institute's Grow Education Hiring Five FoodCorps Members for the '24-'25 School Year

Grow Education's FoodCorps members have **become essential** to our mission in providing elementary students with hands on experiential learning in school gardens, classrooms, and cafeterias. As the program successfully expands from **New Bedford to Wareham, Westport, and Marion Public Elementary Schools**, we need even more support! If you love kids and are interested in giving them a healthy start, click the button below to find out how to become a FoodCorps member in academic year 2024-2025!



Join the Corps

Teach kids about food in school gardens, classrooms, and cafeterias or support nourishing school meals.

[APPLY NOW!](#)

www.foodcorps.org/apply

[Click here for more info and to apply](#)



Our Contact Information

{{Organization Name}}

{{Organization Address}}

{{Organization Phone}}

{{Organization Website}}

{{Unsubscribe}}

