

Decorated Lunch Bags for Homeless Lunches

Marcia Merrick's Care of the KC Homeless

- ❖ *Use 'old fashioned' brown or white paper lunch bags and draw a design on the outside of the bags.*
 - *Prefer colored using crayons or pencils because these last longer out in the elements (no markers or glitter please).*

- ❖ *Include a handwritten note in each decorated lunch sack.*

Examples:

 - *"Thinking of you"*
 - *"Enjoy your lunch"*
 - *"Made just for you"*
 - *"Praying for you"*
 - *"Hugs" and draw a smiley face*
 - *A SHORT Bible verse*

- ❖ *Decorated lunch sacks can be delivered to an Executive Committee member at any LWML Kansas District event.*

- ❖ *Or mail to:*

Laura Hunter
16555 S Sunset St
Olathe, KS 66062

- ❖ *If you have questions, please contact Kansas District LWML Vice President of Caring Service at caringservice@kansaslwml.org.*

A NEIGHBOR RISES AT DAWN TO FEED THE HOMELESS

NORCIA ARBERG, 41
Baltimore City, Md.

Photo by
Stephanie Papp
for PEOPLE

I never see a stranger. They just need somebody to ask, and they start telling their story.

KNOW A HERO? SEND SUGGESTIONS TO HEROESAMONGUS@PEOPLEMAG.COM

PHOTOGRAPH BY STEPHANIE PAPP

Bright-eyed and fully dressed despite the hour—6:30 a.m.—Norcia Arberg walks into her kitchen on the heels of three dogs in a half of frozen pizza. The counter sports a pair of glasses and a coffee grinder. For the time the sun is up on this quiet Friday, she packed with members in paper bags still damp with the condensation of rain. She reached for the coffee and left a bag of coffee.

And then there's the food and things people who give a hand. Arberg is a full-time nurse at the hospital. She has been long from her house by white vanities. "The thing is right?" she asks. "Working in here," he replies. "It's not a job of 400 hours a week. It's the morning and evening shifts. It's the breakfast on wheels, under emergency and not without me every day through the morning. Working that for 100 hours a week."

"There are people who are a step to their feet?" Arberg, who works on private donations and private schools, churches and friends to help, says her thing is the program goes back to a rough childhood. "People would say, 'You're not going to make it out of here.' And then, she found her path in college, volunteering as a food bank volunteer. "I learned you can make a difference," she says and "bring it."

She started feeding her 100 each before at a time on their own when she was 10 years old. And that day's guests are donations and food, some to her work, which also includes helping people. And she says she's not a hero. The financial work she does for her company, there is a rewarding beyond an even, people are going to help people like Thomas, 55, who has been on the streets for two years and other people. Arberg's words are her own. "It's a great thing."

By Jeff Gussard for PEOPLE