



**FALMOUTH  
SERVICE CENTER**  
*more than a food pantry*

Non Profit Organization  
U.S. Postage Paid  
Permit #58  
Hyannis, MA 02601

# Falmouth Service Center Newsletter

April/May/June/July/August/September 2018 / Spring/Summer 2018



## LETTER FROM THE EXECUTIVE DIRECTOR: BRENDA SWAIN

The Falmouth Service Center, Inc. (FSC) is celebrating 35 years of providing support to our neighbors in need on the Upper Cape. In 1983, Peter Kirwin, the Human Services Director at the time, gathered several members of the faith community together to discuss the need for a central place that could assist those who needed help with food and financial assistance. Thus was born FSC. Throughout the past three and a half decades, the wording of our mission has varied slightly, but the key foundation of "reducing hunger and easing stress" has never wavered. This significant anniversary will be celebrated throughout 2018 with a variety of events and we invite and welcome community-wide involvement. This is an opportunity for all of us to appreciate Falmouth Service Center's historic and humble beginnings, ever-evolving partnerships, significant accomplishments, extraordinary commitment by volunteers and donors, and most importantly, the myriad services provided to our neighbors in need.

FSC continues to be led by a small dedicated staff that works hand in hand with our mighty force of more than 450 volunteers. Key volunteers effectively coordinate the services through more than fourteen programs inside and outside of our Gifford Street walls. We invite you to review the 2017 highlights on page three of this newsletter to fully understand the critical work we do together and its tremendous impact on the Upper Cape community today. Please visit our website [www.falmouthservicecenter.org](http://www.falmouthservicecenter.org) to find out about 35<sup>th</sup> anniversary events and how you can become involved in this 2018 celebration.

**OUR MISSION** is to ease stress, reduce hunger, and improve the quality of life for our neighbors in need. The Falmouth Service Center works to increase self-sufficiency by helping to build networks among clients, neighbors, and agencies.

# UPDATES



## EMERALD HOUSE TO BECOME *HAND-IN-HAND THRIFT SHOP*

In September of 2016, the FSC Board outlined a strategic objective to increase revenue in support of the FSC mission through expansion of our thrift shop. We are happy to report that we have found the perfect location, 141 Sandwich Road, where Robert Burke is in the process of erecting a 6,500 square foot building. Drive by the location to watch the progress as the building becomes a reality over the next several months.

We know that many of our dedicated thrift shop volunteers will be joining us as we make this transition to a larger space that will have a wider variety of clothing, home goods, housewares, small appliances, furniture and more. We will be open extended hours and have additional kinds of volunteer needs, so we will look for *more* volunteers to help with everything from accepting and processing donations, to driving our truck to pick up furniture, to selling the expanded offerings in our retail space. If you wish to become involved, please see our enclosed special insert!

Attention all SHOPPERS & DONORS: As the transition from Emerald House to the new *Hand-in-hand Thrift Shop* becomes a reality this summer, look for details on our website and Facebook. All donations will move to our new thrift shop location on Sandwich Road to be processed in one central location. We will no longer accept any clothing or household donations at Gifford Street once our new thrift shop opens.

---

## FRESH START

Do you remember that first day of school? When you stepped off the bus with your new outfit and backpack? You couldn't wait to meet your new teacher, see your friends and be back at school. That is the aim of our Fresh Start Program; we hope all children feel that same excitement for their first day. As part of this special program, numerous Falmouth children in need will receive backpacks filled with brand-new school supplies, a complete set of back-to-school clothes plus a warm sweatshirt and a gift card towards the purchase of a new set of sneakers.

Our greatest need for this program is your assistance! Would you like to help fill the profile of a child? Or perhaps you might be able to contribute a backpack or school supplies? Oftentimes a book group, a family group, or several friends pool their resources to fill a profile or order several backpacks to donate. We especially need sturdy, dark-colored backpacks for kids 12-18! If you would like to help by filling a profile, please contact Sue Ball at 508-564-4781. Thank you for helping to give many Falmouth children a **Fresh Start!**

---

## JOIN TEAM FSC AND RUN WITH OUR TEAM IN THE FALMOUTH ROAD RACE

Have you always wanted to run the iconic Falmouth Road Race? Think about joining TEAM FSC and you will help us to raise critical funds and reduce local hunger while running in a world famous race. You can help us to help our neighbors in need and help us to continue to play a vital role in our community by running this race for our team. We are fortunate to

once again have a team running in the Falmouth Road Race through the Numbers for NonProfits Program. If you need a number and would like to help us raise funds in support of our mission, contact us at **508-548-2794** or email our Executive Director at [fsc\\_dir@falmouthservicecenter.org](mailto:fsc_dir@falmouthservicecenter.org).

## FALMOUTH SERVICE CENTER - 2017

**OUR MISSION** is to ease stress, reduce hunger, and improve the quality of life for our neighbors in need. The Falmouth Service Center works to increase self-sufficiency by helping to build networks among clients, neighbors, and agencies.

### IN 2017:

- ♥ **60,859** bags of food distributed in the FSC pantry and through Home Delivery to elders
- ♥ **24,562** Volunteer Hours were recorded in our Volgistics system. Many more hours were committed and work is ongoing to capture all the amazing dedicated time and energy of our volunteer force
- ♥ **582,000** pounds of food were received from the Greater Boston Food Bank (GBFB) for distribution in the pantry alone
- ♥ **448** new households received services
- ♥ **2057** households came regularly to the pantry
- ♥ **19** Community Meals fed an average of 175 people/meal utilizing 39,500 pounds of food from GBFB
- ♥ **30** Mobile FRESH markets delivered food to:
  - ♥ 4 Falmouth Schools (2 elementary, 1 middle school and the high school) distributed 95,000 pounds
  - ♥ Joint Base Cape Cod Military markets - distributed 250,000 pounds
- ♥ **293** children received Fresh Start Back to School items
- ♥ **81** Garden Plots provided an abundance of fresh produce directly to the FSC pantry
- ♥ **168** participants are registered for our Foods to Encourage program now in its 4<sup>th</sup> year. An average of 23 households are monitored weekly for glucose and blood pressure, receive healthy recipes and extra vegetables
- ♥ **721** thanksgiving baskets provided through special distribution and 800 individuals fed at Community Thanksgiving meal
- ♥ **481** turkeys or hams with fixings were picked up in pantry for Christmas/other holiday celebrations
- ♥ **597** Falmouth children received 5 to 7 gifts per child and families chose wrapping paper, decorations and warm outerwear
- ♥ **\$120,130** was raised in 2017 by FSC's thrift shop, The Emerald House. This makes them our largest single donor. Income was **\$22,010** more than in 2016. 20% of those proceeds supported the Community Health Center of Cape Cod
- ♥ **\$133,148** was paid to vendors for financial stabilization of 346 households

### WEEKLY:

- ♥ 15 tons of food comes into FSC: 43% is fresh fruits and vegetables
- ♥ An average of 250 households come to the food pantry and another 200 households are served through programs outside of the building. At each pantry visit clients are able to choose items from the Free Clothing Room which is beautifully displayed and provides clothing and household goods.

---

We appreciate the partnership of many funders who support programs and projects.  
For a complete list of foundation support please see our website.

Spring-Summer 2018 - SAVE THIS CALENDAR

# This and That @ FSC

| Event                                               | Date                                         | Time and Location                          |
|-----------------------------------------------------|----------------------------------------------|--------------------------------------------|
| Mass Health application assistance                  | Every other Tuesday                          | 10:00 a.m. - 2:00 p.m. at FSC              |
| Falmouth Eats Together Community Meal *             | 4/5, 4/19, 5/3,5/24<br>Check for other dates | 4:00 p.m. - 6:00 p.m.<br>Call for Location |
| Foods to Encourage Program                          | Every Thursday                               | 10 a.m. - 1 p.m. at FSC                    |
| WE CAN Legal Consults                               | 3 <sup>rd</sup> Tuesday of each month        | 9:30 a.m. - 11:30 am. by appt.             |
| WE CAN Work Support/Financial Empowerment           | 3 <sup>rd</sup> Tuesday of each month        | 12- 3 p.m. by appt.                        |
| Garden Work Days, Saturdays *                       | TBA                                          | 9:00-11:00 am, The Garden                  |
| <b>Patriots Day</b>                                 |                                              |                                            |
|                                                     | Monday, April 16                             | Closed                                     |
| <b>Volunteer Appreciation</b>                       |                                              |                                            |
|                                                     | Tuesday, April 24                            | 4:00 - 7:00 p.m.                           |
| <b>Thrift Shop Meeting for Potential Volunteers</b> |                                              |                                            |
|                                                     | Thursday, April 26 or<br>Tuesday, May 1      | 2:30 - 3:30 p.m.                           |
| <b>National Postal Workers Food Drive *</b>         |                                              |                                            |
|                                                     | Saturday, May 12                             | 1-4:30 p.m.                                |
| <b>Emerald House Yard Sale</b>                      |                                              |                                            |
|                                                     | TBA                                          | 10 a.m. - 3 p.m.                           |
| <b>Memorial Day</b>                                 |                                              |                                            |
|                                                     | Monday, May 28                               | Closed                                     |
| <b>Independence Day</b>                             |                                              |                                            |
|                                                     | Wednesday, July 4                            | Closed                                     |
| <b>35<sup>th</sup> Anniversary Gala</b>             |                                              |                                            |
|                                                     | Saturday, August 25                          | TBA                                        |
| <b>Labor Day</b>                                    |                                              |                                            |
|                                                     | Monday, September 3                          | Closed                                     |

\*These are opportunities for the community to be involved.

## A HEARTFELT THANK YOU

We are truly appreciative of all who contribute time, talent, and resources to the critical work of FSC. Whether you volunteer in a program; donate items to our pantry or thrift shop; or sustain our ongoing efforts through your monthly pledges, annual gifts or donations in honor or in memory of a friend or loved ones; your support is what keeps our doors open to those who depend on our being here in their time of need. **Together we make a difference!**

### FALMOUTH SERVICE CENTER BOARD OF DIRECTORS

Lawrence Bigelow, Rita Dussault, Brian Keck, Catherine Whelan Kligler, Donald McInnes, Deborah L. Netto, Jacqueline Nolan, Jeffrey W. Oppenheim, Laura Lorusso Peterson, David Prosten, Richard Sperduto, Crickett Warner, Rev. Deborah M. Warner, and Brenda Swain (ex officio)

*We are on Facebook, Twitter and Instagram and frequently update with information, recipes, and happenings at the Falmouth Service Center. Be sure to "Like" us or "Follow" us and you'll stay connected to what is going on @ FSC.*

Web: [www.falmouthservicecenter.org](http://www.falmouthservicecenter.org)

Phone: 508-548-2794 / Fax: 508-548-3592

Hours: Monday 10 AM - 6 PM: Tuesday 10 AM - 2 PM: Wednesday 5 PM - 7 PM:

Thursday 10 AM-2 PM: Friday 10 AM - Noon