

Falmouth Service Center Newsletter

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May June July August

Spring/Summer 2010



LETTER FROM THE DIRECTOR

We are always busy here at Falmouth Service Center (FSC): providing food, clothes, information and most importantly imparting a caring compassion. But sometimes, extra special situations arise.

A few weeks ago a young woman was referred here by a friend. She arrived in tears to talk about how she needed to find adequate shelter for herself and her ten month old daughter. It was quickly discovered that the living situation they were in was abhorrent. She and the baby were sleeping on a couch, rising early to take the apartment owner to work, and being forced to stay out all day until the woman returned late in the evening. They spent the day driving around, the baby strapped in her car seat and unable to crawl and enjoy being a ten month old!

In spite of the situation, the young mother has a steady income from a job she's held since 1999, and the baby, is a smiling engaging youngster who is thriving due to her mom's constant hugs and attention. The volunteer who met with them came to us and we quickly determined this was a dire situation, one in which the family would soon be on the street.

To avoid sending this family off Cape to a shelter, which would force the mom to leave her employer, we needed to find a safe and affordable apartment that would stabilize the family. After a call to Bob Murray, an email to 300 FSC loyalists, and 4 days of thoughtful planning the family moved into an apartment with all utilities included, 2 minutes walk from her work. Donors provided everything she and the baby needed from crib to fry pans, linens to silverware, kitchen table to love seat. We even received a check for any gaps that weren't addressed by donations. This young family was blessed with the FSC community blanket of support. Thank you once again for your partnership in this work!

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OUR MISSION

The causes and impact of financial hardship are far-reaching. Therefore, it is our mission to ease stress, reduce hunger, and improve the quality of life for our neighbors in need. An important goal of the Falmouth Service Center is to increase self-sufficiency for clients by helping to build networks among clients and agencies and, of utmost importance, between neighbors.

FALMOUTH SERVICE CENTER BOARD OF DIRECTORS

Dianna Baker, Joanne E. Bayles, Karen Cardeira, Elyse DeGroot, Francis DeYoung, Betsy Doud, Bill Hough, Meghan Jones, Len Kreidermacher, H. Russel Lemcke, Rich Miner Jr., Dana Miskell, Robert Murphy, Robert Murray, Deborah L. Netto, Jeffrey W. Oppenheim, and Brenda Swain (ex officio)

UPDATES

STRATEGIC PLANNING

May 12 from 8 to 9:30 am and May 17 from 6 to 7:30 PM are the last two focus groups for our Strategic Planning. If you haven't RSVP'd to join in the discussion which will help us determine our future direction, we would really encourage you to call FSC today. In addition, there is a survey link on our website, www.falmouthservicecenter.org. Please help provide us with additional data as we create our plan for the next five years.

ROAD RACE--AUG. 8--HELP!!

Once again the Road Race Committee has granted us 5 Charity numbers for runners willing to raise a minimum of \$1,000 in pledges each. This would help us stock our shelves during the month of August when food donations are notoriously low. Do you have friends or visitors from afar who want to run, but may not be eligible for a number? We would love to utilize this valuable fund raising tool. If you know someone, please have them contact Linda at damelinda@keep-track.net and she will fill them in on the details.

FEINSTEIN CHALLENGE

For the last 6 years FSC donors have increasingly supported our involvement in the Feinstein Challenge. This year is no exception. Although this went to print before the end of April and we don't have a complete count yet, we know that we will

receive well over a thousand dollars thanks to your response. At this time of year when seasonal employment hasn't kicked in quite yet, and shut off notices are being received from utilities, this extra income helps us to go a step further for our clients.



Don't miss the annual spring yard sale at **EMERALD HOUSE** Thrift Shop on May 14 and 15. There are wonderful bargains to be had and plenty of unique finds! We want to thank all of the wonderful volunteers who have offered to help with this two day event. We couldn't do it without them! Remember to visit the Emerald House regularly as every week they have a variety of items on sale and new items that come in daily. Emerald House is open Weds. - Sat. 10 a.m. - 3 p.m. including Thursday nights until 6 p.m. at 67 Davisville Road, 508-457-0770.

WEATHERIZATION PROJECT UPDATE

With the help of the Barnstable Sheriff's Community Service Crew, we have completed insulation of the last of the three bays in the main warehouse. After a few minor adjustments in material, this portion of the building is complete. The remaining warehouse space, (clothing sorting and kitchen) are yet to be completed, and we hope to once again have help from the Sheriff's Crew with this final phase. We have been very fortunate to have the benefit of this outstanding resource to complete the difficult overhead work.

The sprinkler system in the attic spaces of the second floor conference room and the office wings have been inspected, updated and approved. Loose cellulose insulation material has been purchased and will be added over existing insulation. Volunteers from FSC and the Unitarian Universalist Fellowship have been organized and we expect this work to be accomplished within the next two months.

Due to the size of this project it has taken longer than expected. However, the reduction of draft, increased, more stable temperature and the brightness of the interior have been obvious to our volunteers. Certainly, we have been keeping our building heat inside where it belonged this winter.

Thanks to everyone involved in this effort.

Please sign up for our online newsletter

Are you currently getting our newsletter by mail? Would you consider signing up to get it online? We currently mail out over **3900** copies of our newsletter and would *really* like to cut our costs so that we can better utilize our funds to purchase more food. If you opt to get the newsletter online, you will be one of the first to see it because it goes online 2 weeks before it is mailed out. If you would like to get it online, please email us at newsletter_fsc@falmouthservicecenter.org .

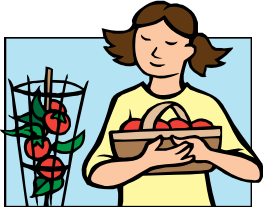
PROGRAM NOTES

FRESH START PROGRAM

The Falmouth Service Center Fresh Start program is now in full swing for the year 2010--our sixth year of preparing children for a new year in school! Our shoppers are busy buying the clothing and backpacks our young clients need for the start of school in September. It is truly worth all the work this committee does packing the boxes and doing whatever else needs to be done in order to be there as the children and their parents pick up their full boxes in August. The children are always thrilled to see their new backpacks complete with

school supplies. And the parents are so pleased to see a gift certificate for new shoes and a box full of new clothes for their child to wear on the first day of school. Everyone is so very happy! If you wish to donate to this worthwhile project, we especially need backpacks suitable for teens. We can also use gift cards from Payless Shoes for \$25 and for any amount from Staples, Wal-Mart, TJ Maxx, Marshall's, or Target. Contact the Service Center if you wish more information or wish to be involved.

FALMOUTH SERVICE CENTER COMMUNITY GARDEN



The year is 2002. A group of well-intentioned Falmouth citizens discuss a dream. The dream is to establish an organic community garden that provides fresh vegetables to people in need. The idea blossoms and the pieces fall into place. The Falmouth Community Garden is real. Or is it?

Dreams require hard work to become reality. Despite the enthusiasm, those early dreamers must have stared at the site on Gifford Street adjacent to the Falmouth Service Center and mumbled, "What have we gotten ourselves into here?"

The site, about the size of half a football field, was used to store materials and equipment during construction of the Service Center. Turning this weed-infested, clay hard pan, acidic, rocky cover into productive organic-rich soil was their challenge.

The year is 2010. You are taking a short break from your volunteer work at the Service Center. A casual stroll along a brick path brings you to the piles of ingredients that this year's gardeners are using to condition the soil, control the weeds and improve drainage. You smell horse manure. You pick up a handful of composted soil and let it run through your fingers, noticing a rich organic musk. You watch a gardener doing a strange dance as he shakes a homemade soil screener. Two youngsters are playing with buckets on a sand pile. A hand-lettered sign advertizes Homemade Compost from last year's vegetative material. An errant wheelbarrow driver grunts an 'Excuse me' as she slowly pushes her overload along wood-chipped pathways, and delivers it to her neighbor's plot.

You walk through an open gate, noticing rabbit - control chicken wire stretched along the bottom of the split rail fence that surrounds the garden. Three men are leaning on garden rakes around a post hole debating the best way to deal with high groundwater. You sit down in the grape arbor. What you notice is the rich brown color of the soil as contrasted to the mustard-colored clay you remember from years ago. Sure, the clay is still there if you dig down six inches or so. But substantial progress has been made in meeting the soil challenge thanks to the dedication of the gardeners and help from the town, the business community and AmeriCorps.

On the way out, you stop by a beautiful landscaped butterfly garden. Two children, whose mother you served at the food pantry just before your break, are searching for frogs in a small pool. How fortunate that this community garden is here. The gardeners share one-half of their produce with the food pantry to fulfill a service that the clients need. Most of the garden work is done by gardeners on their own schedule. But monthly work days are also scheduled for help on general projects.

The Community Garden work day schedule for 2010

April 17, Opening Work Day—Celebrate Earth Day April 30, Friday, 8 AM -4 PM AmeriCorps Service Day
May 1, 8 AM – 4 PM Bates College Service Day
May 15, June 19, July 17, August 21, September 18, October 16 Work days 9-11 AM
October 29 8AM – 4PM AmeriCorps Service Day- Close

You promise yourself to attend one or two of these sessions.

Our thanks to Cape Cod Printing for their ongoing support and printing of our FSC newsletter.

DUFFY HEALTH CENTER "HOMEWARD BOUND"

On Friday May 21, Hollywood will hit Hyannis! The PBS documentary "Homeward Bound" which focuses on the Duffy Health Center and its unique integrated approach to care for those who are homeless or at risk of homelessness, will make its national debut at the Duffy Health Center Gala "An Evening of Stars". Filmed by the Visionaries organization, the crew spent an afternoon filming at Falmouth Service Center. Among other subjects, Asst. Dir. Kerin Delaney and Volunteer Betsy Doud explained the connection between the Falmouth Service Center and the Duffy Health Center. For more information or to purchase tickets for the Gala, please call Elyse DeGroot at the Duffy Health Center. 508-771-7517 X-104.



FSC's Home Delivery Program

Four of our dedicated volunteer cooks enjoy preparing home cooked meals for the 36 households on our home delivery program. We have more than a dozen drivers who deliver these meals along with canned goods and perishables twice monthly.

POSTAL FOOD DRIVE

One of the most exciting days of the year here at FSC is **Saturday, May 8**. Our friends, the postal men and women of Falmouth will be collecting all the food you leave out at your mail boxes and bringing it here to our warehouse. We need LOTS of HELP between the hours of 2 and 5 PM to welcome them as they arrive, to unload the trucks, sort the food, and enjoy the company of others in our community. Please get your friends and come on over for an hour or two. We always have pizza and soda to keep people energized!

This and That @ FSC

Event	Date	Time and Location
Help with State Health Insurance Community Action Committee (CAC) Duffy Health Center Mobile Van Community Health Center of Cape Cod	Every Monday Every Monday Every Monday Every Monday/Thursday	10am-12pm & 1-5pm @ FSC 10am-12 pm @ FSC 1-3 pm @ FSC M: 3-5 pm/ Th: 10am-12pm @ FSC
Budget Classes Financial Assistance Consultation	Mondays By Appointment Only	4pm call for dates
Food Stamp Application Assistance	By Appointment	
Cooking Demonstrations with Barnstable County Extension	Mondays May 3, July 12, and September 13	10am -12pm @ FSC
Garden Workdays - All Welcome!	May 15, June 19, July 17, August 21 st , September 18	9-11am @ FSC Community Garden
POSTAL FOOD DRIVE!	Saturday May 8	FSC Warehouse 2 to 5pm
Memorial Day Holiday	May 31	CLOSED
July Fourth Holiday	July 5	CLOSED
Labor Day Holiday	September 6	CLOSED

Web: www.falmouthservicecenter.org Email: fsc_dir@falmouthservicecenter.org Ph: 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

Don't forget to check out our website and to send in those food coupons!
Our clients use the coupons and you never know what you will find on our website!