

Dutchess Outreach Eighth Annual Brunch

Our Eighth Annual Brunch was held at The Grandview in Poughkeepsie on Sunday, September 28th. Dutchess Outreach celebrated its 40th anniversary with a delicious brunch, raffles, door prizes, and a silent auction.

Joseph F. Conti, Senior VP and Business Development Officer of Orange County Trust Company, was the Master of Ceremonies.

IBM and **Rhinebeck Bank** received Community Partner Awards for their extraordinary commitment to the mission of Dutchess Outreach.



2014 marks the 40th Anniversary of service to Dutchess County by Dutchess Outreach, Inc. Since 1974 Dutchess Outreach has been committed to assisting individuals and families with the basic needs for an independent life style.

A special thanks to our sponsors

Central Hudson Gas & Electric Corp., First Niagara Bank, First Student, Health Quest Systems, Inc., Hudson Health Plan, Inc., Hudson Valley Federal Credit Union, IBM, Macy's, Marist College, Pan Gregorian, Rocking Horse Ranch, St. John's Evangelical Lutheran Church, Stop and Shop, T.D. Bank, Thrivent Financial for Lutherans, Ulster Savings Bank, WSP Group.



Sheila Appel of IBM and Richard Kolosky of Rhinebeck Bank accept Community Partner Awards on behalf of their organizations.

Honoring Our Volunteers

This year's Volunteer Recognition Reception, sponsored by the **Orange County Trust Company** was held at The Manor at Woodside to recognize and thank the generous efforts of Dutchess Outreach volunteers.

Owen T. Clarke Jr. received the *Mary Keeley Award*. Owen has served on the Board of Directors as treasurer and chair. He has reached out to others increasing financial



Vickey Mara, Jillian Perry with Mary Keeley Award recipient, Owen Clarke and Board Chairman Joe Conti.

support for Dutchess Outreach and has helped with numerous programs such as the coat sort.

The *Susan DeKeukelaere Caring Heart Award* was presented to **Brianna Kelly** and **Danielle Murphy**. Brianna has volunteered in both the Children's Clothes Closet and Lunch Box with her family. Danielle has helped every Thursday in the Children's Clothes Closet. She not only helps sort and hang the clothes, but also helps the clients find what they need.

Rishab Chhabra and **Max Samson** were recognized with the *Outstanding Youth Award*. Rishab ran a food drive collecting over 300 items and \$600. He also collected children's coats and volunteers in the Lunch Box. Max is the student captain for "Cereal Counts," the annual boxed cereal drive. He also helps collect canned foods for the Beverly Closs Memorial Food Pantry and volunteers in the Lunch Box.

Community Service Awards were presented to **Ameriprise Financial, Bounty of the Valley, Daubman's Office Environment, DRA Imaging, Guardian Self Storage (Hyde Park), Huguenot Street Farm, Orange County Trust Company, St. Martin de Porres** and **Vassar College Women's Tennis Team**.

Special Recognition was given to **Angela DeFelic** and **Linda Hankamp**. *Life Saver Awards* and *Extra Mile Awards* were also presented. For a full listing, please go to our website, www.dutchessoutreach.org and click on events.

To all who give so freely of their time and talents - thank you.

"Seeing how many people need food made me realize that our area still has a long way to go. It makes me want to help more." - A Student Volunteer

"Believe me, I know what it's like to go hungry as a child. Please use this donation for the annual campaign." - A Donor

Dutchess Outreach, Inc.

29 North Hamilton St., Suite 222

Poughkeepsie, NY 12601



Want to help Dutchess Outreach?

Help fill our shelves - Sponsor a food drive. *With more people needing our services, we need more food to help them. If you or your organization would be willing to sponsor a food collection, call Carol Beck at 454-3792 ext. 3250. Individual donations are always welcome. Bring goods to Dutchess Outreach, 29 N. Hamilton Street, Suite 221. Call first and we'll meet you downstairs with a cart.*

Mail the enclosed envelope with a tax-deductible contribution to Dutchess Outreach. *Filling out the flap helps us keep better records. To contain our costs, we would appreciate having your e-mail address for future mailings. We thank you for your continued support and send best wishes for the coming year. With your help, we will continue to assist our neighbors experiencing difficult times.*

Gifts of stock of appreciated value can benefit both Dutchess Outreach and you - IRA owners aged 70 1/2 or older can apply donations to nonprofits like Dutchess Outreach to comply with distribution requirements. *Direct your bank/broker/fund custodian to issue checks from your IRA which count toward required minimum distributions. Bequests are deducted from the value of the donor's estate and provide estate tax savings while benefiting Dutchess Outreach. Consult your tax advisor for specifics.*

This newsletter is sponsored by Thrivent Financial for Lutherans, Hudson Valley Chapter.

NON PROFIT ORG

US POSTAGE PAID

NEWBURGH, NY

PERMIT NO. 405



NEWS

Fall 2014



Brian Riddell,
Executive Director

Two extraordinary things happened this past September. On one day late in the month, 71 people came to our food pantry to get some food for themselves or their families. That's double the people on what we used to call a "very busy day."

The other remarkable event was a phone call from a woman who wanted to visit the food pantry. She asked "Do you have any fresh vegetables today?" These incidents mark the challenges we face today- meet the growing need of people who do not have enough to eat, and do our best to provide nutritious food for them.

There are more people needing food from emergency programs in 2014 than at any other time in our history. According to Feeding America's 2014 hunger study 46.5 million Americans are being fed through the 61,000 food pantries, soup kitchens and shelters that, like us, are part of their nationwide network.

Here in Dutchess County 30,280 residents are food insecure; i.e. people that either struggle to eat a decent meal on a regular basis, or worse, may even go without for a day or days at a time. Of that number, according to Feeding America, more than half are not eligible for help from the Supplemental Nutrition Assistance Program (SNAP); aka food stamps. So, 15,000 Dutchess County folks have only emergency food programs to fill the gap in their nutritional needs.

To make matters worse SNAP has been slashed by Congress twice in the last year. First, the value of the food plan used to determine the amount of SNAP assistance given to individuals and families, which had been increased under the American Recovery and Reinvestment Act of 2009, returned to pre-2009 levels.

Then, in October 2014 people living in subsidized housing had SNAP benefits reduced through new rules that cut the shelter deduction used to determine their benefit level. The impact of these cuts is immediate and direct. At a recent meeting of the Dutchess County Nutrition Advisory Council, a Hannaford store manager reported that SNAP purchases at her store were down almost ten percent. But it's not the economy; overall sales were up by three percent.

It's no wonder our food pantry is bursting at the seams. More people are food insecure than ever before and the program put in place to help is

Extraordinary

experiencing a series of harsh cuts. Our country's leaders cannot solve this problem. The response to hunger in our communities must be a local one. And it must take many forms.

Our food pantry needs your help more than ever before. Donate if you can. Conduct a food drive at work, in your community, or just your neighborhood. Call us, we'll be happy to help and make it easy for you. A lot of us even doing a little will go a long way to make sure we are there when people need us.

Our lunch and dinner service at the Lunch Box has also been growing. Unfortunately, state assistance which we relied upon to purchase food from the Food bank of the Hudson Valley and their parent organization, the Regional Food bank of Northeastern New York, has been cut in half for the Lunch Box. The state money, the Hunger Prevention Nutrition Assistance Program (HPNAP) is limited. With so much hunger across the state, more and more groups are applying for the program, so each are receiving less than they have previously.

Once again, this points to an undisputed truth: the solution to hunger must be a growing, local initiative.

One method is a prepared food donation network modeled after the very successful City Harvest project. We already receive, somewhat at random, donations of prepared food from organizations with leftovers after events. We've made successful connections with two other pizza places. We have started getting fresh food thanks to a number of area farms. Fishkill Farms brings bushels of vegetables leftover from their market days. The Huguenot Street CSA farm in New Paltz provides fresh surplus from the field. The Poughkeepsie Farm Project, a pioneer in food security projects, actually includes food to donate to community programs in their crop planning. So when the woman above made her extraordinary inquiry, the first of its kind in my more than twenty years at Dutchess Outreach, we said, "Yes we do!"

Her request echoes findings in the Poughkeepsie Plenty 2012 Community Food Assessment. 93% of those surveyed said it was important for their stores to carry healthy foods; almost half said they purchase organic food whenever possible. Significantly, these priorities did not vary by income level. We're all trying to eat healthy and make better choices. With the growing evidence that what we eat may be causing disease, and eating unadulterated food may actually prevent many illnesses, we must include low and no income people in the fresh food movement. To do otherwise, in this context, would be a conscious denial of what must be considered a human right.



Fresh vegetables donated to the food pantry by local farms.

UPDATE 2014

In Memory

George Hack began volunteering with Dutchess Outreach in 1990 after retiring from IBM. For the next 23 years he was an important part of our family. He started doing food intakes and picking up food donations. George then moved into the food pantry, counting donations, stocking shelves and training other volunteers. That's where he could be found every Tuesday. When he wasn't in the food pantry he was our Mr. "Fix-it." George was a kind, caring man, who enjoyed helping others. We miss you, George. Our Tuesdays just aren't the same.

Marguerite Wright was a fixture in the Children's Clothes Closet. She kept the space spic and span by organizing and hanging donated items. Every Thursday she welcomed parents and guardians and helped them find needed quality items. She was a woman of incredible strength who made sorting 5,000 coats seem so easy. Helping others was her mission and her vocation. She is missed by all who knew her.

Community Support

- **Broadway Cares/Equity Fights** gave a surprise birthday present of \$2,500 for the GIFTS program!
- New carts and shelving was purchased for the Lunch Box through a \$2,000 grant from **IBM**.
- Dutchess Outreach has teamed up with local businesses to help stock programs. **Once Upon A Child** has partnered with our Children's Clothes Closet. **Gino's Restaurant** in Poughkeepsie and **Bella Vita Pizzeria** in LaGrangeville is keeping the Lunch Box supplied with pizza pies.



Joe Norton of Broadway Cares/Equity Fights accepts an award in recognition of their support for Dutchess Outreach's GIFTS.

Handsome Hudson Valley

Dutchess Outreach recently embarked on an entirely new fundraising project: a calendar showcasing a selection of attractive men in the Hudson Valley and the many community programs we offer. Our models included local politicians, college students, civil servants, and business men. Incredible support was given along the way by Mix 97.7 radio station with publicity, and our photographer from Frog Hollow Photography who donated his time and skills to the project. This project could not have happened without backing from

committed sponsors such as Creative Cuts, Mr. Todd's Gymnastics, The Iron Furnace Restaurant and Tap Room, Hudson Valley Krav Maga, B&D Horseshoeing, Roger and Sons Concrete and Owen T. Clarke Jr. Professional Executor and Trustee. These calendars are a helpful way to expand awareness of Dutchess Outreach and what we do. Interested in getting one? They can be ordered via our website, www.dutchessoutreach.org with a suggested donation of \$12.

2015 HANDSOME HUDSON VALLEY



John Greenan flashes his most disarming smile for the cover of Handsome Hudson Valley fundraising calendars.

30 Ways In 30 Days

Dutchess Outreach challenged fans to a second year of 30 ways in 30 days, a month-long call to action. During the month of September community members and supporters were urged to combat hunger with daily prompts from our volunteer committee. A few ideas included donating the cost of a lunch out, and setting an extra place at the dinner table to keep in mind those not eating. Local restaurants, The Mill, The Icehouse, Twins Barbecue and Chili's pledged 10% of checks from specified dates.

Farm to Food Pantry

Fishkill Farms, Huguenot Street Farm and Poughkeepsie Farm Project have maintained their commitment to sharing fruit and vegetable crops with our community. Every week bins of fresh greens ranging from heirloom tomatoes to collard greens, and plump fruits like plums and concord grapes, greet our food pantry and Lunchbox clients. We love hearing their favorite recipes, and trading tips with them!

Keeping You Informed

Did you know just by visiting our website you can see upcoming events and special announcements? Visit www.dutchessoutreach.org to check out our food pantry item of the week, coat drives dates, annual Brunch information and much more! We also send out quarterly e-newsletters to keep our donors and volunteers better informed of what is happening at Dutchess Outreach and in the community. If you are interested in receiving our updates by e-mail, please subscribe on our home page. If you decide it's not what you want, you can "unsubscribe" at any time. Suggestions on how we can make things better? Questions? Please e-mail Rosemary Grabowska, Development Associate, at rosemary@dutchessoutreach.org.

From our Caseworkers' Notebooks

Many people think of the Lunch Box or Food Pantry when they hear "Dutchess Outreach," but our case managers see much more than people in need of food. Here are just two examples of the situations our case managers see every day.

Case No. 1

In the early summer we got a phone call from a woman in Beacon. She told us she had been driving along and saw a family on the side of the road. They had been camping in the woods because they had no other shelter. She passed us their phone number and we called to invited the family to sit down with a case manager. The parents explained that they relocated to Dutchess County from Albany after the mother lost her job. She had found employment in the area, her husband had a job offer, and they were staying with a friend to save money for a home. Then the situation took a turn for the worse. They had already contributed to their friend's household expenses, but more money was demanded, wiping out their entire savings. There was no choice, but to leave with their 2 daughters and seek shelter in the woods. They were instructed to apply with Dutchess County Community and Family Services (DCFS) for help. That office denied them based on information from 2010. Our case manager tried to get DCFS to change its mind to no avail. So we reached out to local landlords, looking for an affordable home. One landlord was willing to work with them. A payment plan for the security deposit was agreed upon, and we were able to write a grant to cover the first month's rent. The family was housed; no more camping in the woods!

Case No. 2

In June we heard from a grandmother, Dianne. Her daughter was arrested and she suddenly found herself responsible for

three grandchildren. Unfortunately she lived in a housing facility restricted to seniors only and she wasn't on the lease at her grandchildren's home. Everyone was traumatized enough with her daughter's arrest, and she wanted to provide some stability for the kids. So she set out to find shelter within their school district. There was a 3-bedroom apartment in the area she was looking at; but even with her part-time job, Dianne couldn't afford to pay a security deposit and first month's rent. Time was running out. A judge was able to expedite an application for financial help with DCFS, but when Dianne contacted Dutchess Outreach, she was still very concerned. Although DCFS had approved her for financial assistance, she couldn't get in touch with anyone at the apartment's leasing office. If someone didn't do something soon, she would lose everything. Our case manager called the leasing office immediately and learned that the manager was on vacation. We negotiated with the assistant manager to have all the necessary application information fast-tracked, so that the supervisor could make an on the spot approval the moment they returned. The very same day Dianne had to be out of her old apartment, we got her approval for the 3-bedroom housing. She could provide a secure home for her grandchildren, and their family could begin again. Dianne called us and admitted that, though this was a very trying transition for her and the children, without Dutchess Outreach's assistance, she and her grandchildren would have been homeless.

"When I was homeless I wouldn't have survived without your help. You are doing a wonderful job, all of you. I still occasionally come to the Lunch Box and Pantry, but thank God, I am no longer homeless and destitute. Thank you again!"- Susan

Welcome

Korey Findley joined the Dutchess Outreach team in September to spearhead our new and exciting program, a mobile farmer's market! **Erik Lindmark** stepped up from volunteer to Lunch Box manager this past spring. **Shawna Humes** joined the Dutchess Outreach team as our new receptionist when **Rosemary Grabowska** was made our new development associate.

Board of Directors

We welcome **Abby Paul** to our board of directors while **Lisa Morris** and **Ed Kowalski** wrapped up their remarkable service. Hearty thanks go to both individuals for their unparalleled contributions to our organization.

AmazonSmile Puts a Smile On Us!

Get a head start on holiday shopping with Amazon and help out Dutchess Outreach! Amazon will donate 0.5% of your purchase to Dutchess Outreach when you shop with AmazonSmile. Everything is exactly the same; same products, same prices, same service. Use smile.amazon.com

Mobile Farmer's Market

May 8th, 2015 the wheels hit the road in an exciting new program. The Poughkeepsie Mobile Farmer's Market launches its tour of city neighborhoods of Poughkeepsie. "The Mo-

bile Market will be bringing healthy food to USDA classified food deserts," explains Korey, program manager. What's a food desert? It's a community in rural or urban areas, with no easy access to wholesome food. Families and individuals living in food deserts often have to rely on corner stores and fast food restaurants. These options rarely have healthy choices available. Three farms are partnering with this project; Winterton Farms in Bloominburg, NY; Three Sisters Biodynamic Farm in Walker Valley, NY and the Poughkeepsie Farm Project in Poughkeepsie, NY. Purchases can be made via public assistance programs or cash. Stocked with locally produced and cultivated food, this will really be a moveable feast!



Keep an eye out for this colorful market in the City of Poughkeepsie this spring!

Dutchess Outreach, Inc.

ANNUAL REPORT

July 1, 2013-June 30, 2014

(Unaudited)

PUBLIC SUPPORT		EXPENSES	
Contributions	\$188,339	Program Services	\$556,689
United Way	43,450	Supporting Services	122,191
Federal / State Grants	71,937	Fundraising	69,800
Other Grants	312,308	TOTAL EXPENSES	\$748,680
Special Projects	95,577		
OTHER REVENUE			
Medicaid	3,843		
Investment Income	31,633		
Miscellaneous	18,725		
TOTAL REVENUE	\$765,812		



1974 - 2014 40 YEARS OF FOOD, CLOTHING AND CARING

Program Services FY 2013-2014

Our fiscal year ending June 30, 2014 was Dutchess Outreach's 40th year of serving Dutchess County residents who have little or no income and need help locating basic, life-sustaining resources.

Beverly H. Closs Food Pantry

provided 84,618 meals for 1,911 unique families, including 1,711 children. Every month, clients are eligible to receive enough food for three days.

GIFTS (Giving Individuals Food for The Soul)

provided 3,687 home delivered meals to 10 homebound people living with HIV/AIDS and to their dependents.

The Lunch Box

our mid-day meal program served 68,471 free meals and our evening dinner program served 34,944 meals to individuals who were either unemployed, homeless, or did not earn a living wage. Our two after-school programs provided another 5,067 meals to students. The Lunch Box also hosts programs on topics of interest to clients and is open six days a week from Sunday to Friday.

The Emergency Assistance Program

distributed \$19,272 in grants to purchase needed prescriptions for 203 people. With \$20,428 in grants and effective advocacy and referral we were able to prevent the eviction of 395 people, including 98 children; \$13,109 in grants and our caseworkers' intervention kept the lights or the heat on for another 512 people, of whom 201 were children.

Children's Clothes Closet

provided 920 visitors with free, used clothing for their children.

Annual Coat Drive / Giveaway

collected over 5,500 coats, distributed through seven sites around Dutchess County: Beacon, Hyde Park, Millerton, Pleasant Valley, Poughkeepsie, Rhinebeck and Fishkill.

Acts of Kindness (AOK)

works with human services agencies to provide clients with household items which they cannot afford to purchase on their own.

Staff

Brian Riddell
Executive Director
Kathleen O'Rourke Murphy
Associate Director
Tara Whalen
Administrative Assistant
Rosemary Grabowska
Development Associate
Carol Beck
Volunteer Administrator
Carol Hegener
Office Assistant
Velvet Duncan
Case Manager
Roberto Abadia
Case Manager
Shawna Humes
Reception
Erik Lindmark
Lunch Box Manager
John Ridgeway
Lunch Box Assistant

Officers

Joseph F. Conti
Chairperson
Anne St. Germain
Vice Chair
Bharat Thakkar
Treasurer
Cindy Smith
Secretary

Directors

Mark Burlingame
Robert Caso
Robin J. Kleban
Brendon McGahan
Abby Paul
Christa St. Germain
Dora Visbeck
Amy K. Woods

Directors Emeritus

L. Wallace Cross
Geraldo M.V. DePorres
Roderick J. MacLeod, Esq.