

## Dutchess Outreach Ninth Annual Brunch

Our Ninth Annual Brunch was held at The Grandview in Poughkeepsie on Sunday, October 4th. Dutchess Outreach celebrated its 41st anniversary with a delicious brunch, raffles, door prizes, and a silent auction.

**Gloria Cukar**, Senior Director of External Affairs at Mid-Hudson Regional Hospital, was our Master of Ceremonies.

**The 1869 Bardavon Opera House** and **The Arlington Central School District** received Community Partner Awards for their extraordinary commitment to the mission of Dutchess Outreach.

*(Picture 4)*

*The Grandview Dining Hall decked out for the 41st anniversary Brunch.*

## A special thanks to our sponsors

WSP USA, Dutchess Community College, Hudson Valley Federal Credit Union, Macy's, Ulster Savings Bank, Central Hudson, IBM, Meyer Construction Corp., MVP Healthcare, Marist College, St. John's Lutheran Church, Aarons, Inc., Dynamic Solutions, and First Student.

## 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.

**Linda Hankamp** received the **Mary Keeley Award**.

Linda has volunteered with Dutchess Outreach for over six years. She is in the Lunch Box every Tuesday and in the Food Pantry every Thursday. Linda willingly mentors new volunteers and remains calm even in the most difficult situations.

**The Susan DeKeukelaere Caring Heart Award** was presented to a mother-daughter duo, **Karen** and **Susie Gilgert**. Karen and Susie help wherever they are needed. They have volunteered in the Food Pantry, the Children's Clothes Closet, the Lunch Box, and with the Coat Sort. They also reach out to family and friends to collect food and clothing.

**Daesean Dingle, Daevon Dingle, and Jaisuan Fluker**

were recognized with the **Outstanding Youth Award**. Daesean and Daevon, members of the Long Family, have helped serve an evening meal once a month since they were five years old. Jaisuan has helped in the Lunch Box not only with the mid-day meal but also with preparation of the meal for the afterschool program and the evening meals.

**Community Service Awards** were presented to **Bella Vita Pizzeria & Restaurant, Bruderhof Community, Federation of Dutchess County Fish & Game Clubs (Hunters Helping the Hungry), Gino's Pizzeria, Girl Scouts - Pawling Service Unit, Hannaford Supermarket-LaGrange, Kimisis Greek Orthodox Church, Once Upon A Child, Red Cap Cleaners, Raymour & Flanagan, and Sono-Tek Corporation.**

Special Recognition was given to the **Long Family, Walter Johnson, the Sandwich Prepares - Pleasant Plains Presbyterian Church, St. John's Lutheran Church, and St. Stanislaus Catholic Church.** **Life Saver Awards and Extra Mile Awards** were also presented. For a full listing, please go to our website, [www.dutchessoutreach.org](http://www.dutchessoutreach.org) and click on events.

Working together, hundreds of dedicated volunteers help the staff somehow achieve miracles everyday. Thank you.

These are just a few of the many individual Scouts and troops that volunteer with our programs. Thank you for choosing Dutchess Outreach.

(Picture 5)

(Picture 6)

*"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 223

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.**

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**Brian Riddell,**  
**Executive Director**

ness of breath their food intake comes up short, and they feel stressed, cheated...hungry. In a national 2014 food security survey, one out of every seven citizens across this rich country said they do not get enough to eat.1 In New York State's small cities where child poverty is reported at 50%, imagine how many kids are not eating enough good food?

Against this backdrop the Child Nutrition Reauthorization Act stalled in Congress. The legislation authorizes spending to nurture poor babies, feed children in school and after-school programs, and during the summer when school is not in session. As I write, the current law has expired and the Senate Agriculture Committee is listening to debate from lobbyists asking to roll back some of the sodium restrictions and whole wheat requirements, while minority members are asking for increased funding to help schools meet mandates.

With 58,000 food pantries reaching 46.5 million people, 389 million times a year2, you could say the need for food is an epidemic. Research shows that the lack of adequate nutritional intake among the poor exacerbates already serious community health concerns. A series of studies released over the last five years show the direct correlation of food insecurity with increased risk for diabetes (up to 50% greater!), hypertension (20% higher)3 and clinical depression.4

The former study hypothesizes (for further research) that food substitutions that low income people are forced to make emphasize relatively inexpensive but energy-dense foods, i.e. fatty and sugar-laden. It is easy for hunger relief programs like ours to fall into the same trap. When trying to provide over 200,000 meals a year on a shoestring, pasta, margarine and corn syrup go a long way to stretch tight food budgets. But to do so, only adds to the problem of health disparities of the poor.

That's why Dutchess Outreach has embarked on a major effort to

## Extraordinary

increase the amount of wholesome food in the diet of people who are short of breath... I mean, food. Our crowning achievement, launched this Spring, is the Poughkeepsie Plenty Fresh Market – Powered by Dutchess Outreach. This mobile farmers' market, with the generous support of the Community Foundation of the Hudson Valley,5 Health Quest, New York State6 and volunteers from the Poughkeepsie Plenty Food Coalition, worked with area farmers to bring really affordable food to City streets considered "food deserts" \* by the US Department of Agriculture. For nearly six months the market trailer visited senior housing sites, community centers and low-income neighborhoods offering inexpensive, nutritious, and local food.

We've also been greening our food pantry program. On display and available in-season to our patrons are generous donations of fresh produce from the Poughkeepsie Farm Project, Fishkill Farms, the Bruderhof Community and others. Recently, thanks to a collaboration with Hannaford's Supermarket and the Regional Food Bank of Northeast New York, we are excited to offer year-round a selection of fruit, vegetables, bread and baked goods salvaged by their LaGrange store for our visitors to select. This has not only increased access to fresh food, but has sparked lively two-way conversations about the taste of previously unknown foods or varieties, cooking methods and nutritional value.

And every day, every one of the 500 or more meals prepared and served at the Lunch Box is being made with donated fresh ingredients, under the watchful eye of Margot Schulman, a holistically trained chef who took over as Lunch Box Manager earlier this year.

So you can see we here at Dutchess Outreach, our donors and supporters, are a growing community of people determined to serve good food to our hungry neighbors. Local farmers are growing and donating crops for us. We partner with businesses committed to quality food surplus salvage programs to put good food to use in their communities and out of the waste stream -133 Billion pounds annually or 40% of the food this country produces.

With some thought and a lot of effort we can help people around us who are having a hard time getting enough to eat. And knowing that, we can all breathe a lot easier.

USDA Economic Research Service Economic Research Report Number 194 September 2015, Household Food Security in the United States in 2014 Alisha Coleman-Jensen, Matthew P. Rabbitt, Christian Gregory, Anita Singh  
Feeding America's Hunger in America 2014 - A Report on Charitable Food Distribution in the United States in 2013  
Journal of Nutrition Feb 2010; Food Insecurity Is Associated with Chronic Disease among Low-Income NHANES Participants, Seligman, H.K. et al  
Journal of Nutrition Dec 2014, Household Food Insecurity Is Positively Associated with Depression among Low-Income Supplemental Nutrition Assistance Program Participants and Income-Eligible Nonparticipants ; Leung, C.W. et al

# UPDATE 2015

## Do a Good Turn Daily

“Do a good turn daily” is the slogan for both the Girl Scouts and the Boy Scouts. The Scouts of Dutchess County have been doing that good turn here at Dutchess Outreach. The Girl Scouts of Pawling Service Unit adopted Dutchess Outreach and all troops volunteered with our various programs. They served in the Lunch Box; helped organize the Children’s Clothes Closet; baked for the Beverly Closs Food Pantry; and held food, clothing, and personal item drives.

**Quinlan Stephens** for his Eagle Project, the highest award in Boy Scouting, is revamping the Children’s Clothes Closet. He has cleaned and painted - not an easy task as the room has a 16 foot ceiling. Quin is now building shelving to ensure additional display and storage space.

(Picture 1)

Two Girl Scouts completed their Silver Award, the highest award in Cadette Girl Scouting, with Dutchess Outreach. **Amy Weiss**, wanting to ensure everyone had access to books to read, established the Little Free Library in the Lunch Box. She built the enclosure and collected both adult and children’s books. Another Girl Scout, **Susie Gilgert**, will be maintaining it.

**Marissa Velez**, realizing we needed a better affordable system to track donations and inventory in the Food Pantry, researched possible solutions. She not only found the answer, but also trained the staff in the process. To get us off to a great start, Marissa is doing a full inventory.

These are just a few of the many individual Scouts and troops that volunteer with our programs. Thank you for choosing Dutchess Outreach.

## 30 Ways In 30 Days

Dutchess Outreach challenged fans to a fourth 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.

## Keeping You Informed

Did you know just by visiting our website you can see upcoming events and special announcements? Visit [www.dutchessoutreach.org](http://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 Sarah Salem, Development Associate, at [sarah@dutchessoutreach.org](mailto:sarah@dutchessoutreach.org).

## Welcome

**Sarah Salem** joined the Dutchess Outreach team in August as our new development associate.

## Board of Directors

We welcome **Kathi Manzi-Doro, Carol Metz, Nicole Tippa, and Jennifer Sheehan** to our board of directors !

## (Picture 2)

## Mobile Farmer’s Market

May 8th, 2015 the wheels hit the road in an exciting new program. The Poughkeepsie Mobile Farmer’s Market launched its tour of city neighborhoods of Poughkeepsie. The Mobile Market brought healthy food to a USDA classified food desert. 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 partnered 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, the first season proved to be a great success reaching over 650 people! We hope to be able to fill the community with fresh, local, food next season!

### From The Lunch Box Chef , Margot Schulman

The Lunch Box is the largest soup kitchen in the Hudson Valley. We serve between 300 – 550 meals 6 days per week in downtown Poughkeepsie. This includes a meal delivery program for home-bound AIDS patients and two after school children’s programs. Dutchess Outreach has been operating a soup kitchen since 1974 and continues to develop new initiatives to meet the needs of Poughkeepsie residents.

Brian sought me out to run the Lunch Box because of my background in nutrition, healthy cooking and farm-to-table cooking. My goal has been to improve the quality of service, cleanliness, food quality and atmosphere up to the equivalent of a community café or restaurant. I believe that those of us with the greatest need for help, should be getting the highest quality foods and the most compassionate service. I have made great improvements already to the quality of food we serve as well as the cleanliness and organization of the kitchen. One of our amazing partners is the Bruderhof community. I have partnered with them to have a group of 30 young adults come in once per month and clean the entire kitchen and dining area, top to bottom. I installed a hand washing station in the kitchen and partnered with the day shelter to wash our kitchen tow-

# 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

*A mother of four came to Dutchess Outreach one day seeking assistance for her Central Hudson bill. She had been in the Powerful Opportunity Program (POP) for two years. It’s a requirement for POP that the client make each payment on time, otherwise they will lose their eligibility. This client met that requirement, but after two years no one is allowed to continue to be in the program. This program offers clients the ability to get discounted rates on utilities bills, which for many who have difficulty stretching their money, is a god send.*

*After being taken out of the program due to an expiration of the two year limit, our client was no longer able to afford her utilities bills, which were very high. This left her and her children at risk of being in a home without electricity.*

*We worked with the client to find out what she could afford, and what Central Hudson was willing to accept to keep her power on. With the help of a local advocacy group, nobody leaves Mid Hudson, we were able not only get the client on good terms with Central Hudson again, but we were also able to get her back in POP so she could afford to pay her bills and provide for her family.*

### Case No. 2

*The Pearle Vision Gift of Sight program has had huge benefits for our clients. Individuals who do not have eye coverage under their insurance are able to get an eye exam free of charge, and only have to pay a minor fee for their eye wear.*

*Many clients, young and old, have been able to come into our office and receive a referral for the program. They leave no longer having to worry about squinting at television screens, people’s faces, or our beautiful Hudson Valley landscapes.*

*An elderly woman once came in for the program so she could get her self new eyeglasses. Right when she sat down at the desk she was very excited to tell us the reason why. She was going to be going to a special big screen showing of The Walking Dead in the city. Apparently she was a big fan.*

*A man once came in for eye wear so he could drive his car without having to worry about endangering himself or other drivers.*

*The reasons for people accessing the program are numerous. But in each case, we, along with Pearle Vision, are doing what we can to make sure our community receives the resources it needs.*

“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

els and aprons there once per week.

I have cleaned out and reorganized the prep room, dry storage room, office, walk-in freezer and walk in refrigerator and all of the closets.

I have radically changed the typical daily menu and type of foods that we serve every day. Before I started here the majority of fruits and vegetables came out of cans. When there were donations of fresh produce it was often left out for people to take with them, but was not utilized in the actual LB menus. I have expanded the number of farmers that we receive donations from for produce, meat and dairy products, including Hudson Valley Fresh and Hudson Valley Hunters for the Hungry. This allows us to serve higher quality, more nutritious foods to our clients as well as saving money that would have otherwise been spent at the Food Bank on canned fruits and vegetables. Every single meal that we serve now includes a complete protein, complex carbohydrate at least one vegetable, and usually fresh fruit.

I was able to expand the recycling capacity of the building so that the Lunch Box now recycles all possible materials – including plastics, glass, metals, cardboard and paper.

I raised money through private community members in order to buy a commercial food processor, salad spinner, vacuum sealer and large capacity beverage dispensers.

Another goal of mine is to create a complete food hub system of the Hudson Valley in which no food is wasted and nobody is hungry. This means creating connections with every single food producer in

(Picture 3)

## Dutchess Outreach, Inc.

ANNUAL REPORT

July 1, 2014-June 30, 2015

(Audited)

### PUBLIC SUPPORT

Contributions	\$186,882
Donated G&S	232,081
Workplace Cont.	45,803
United Way	43,450
Federal / State Grants	75,780
Other Grants	235,714
Special Projects	18,269

### OTHER REVENUE

Investment Income	32,001
Miscellaneous	18,765
Realized Loss on SOI	(530)

**TOTAL REVENUE** \$888,215

### EXPENSES

Program Services	\$761,915
Supporting Services	140,365
Fundraising	56,880

**TOTAL EXPENSES** \$959,160



## 1974 - 2015 41 YEARS OF FOOD, CLOTHING, AND CARING

**Program Services FY 2014-2015** Our fiscal year ending June 30, 2015 was Dutchess Outreach’s 41st 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 **71,244 meals** for **1,709** unique families, including **1,095 children**. Every month, clients are eligible to receive enough food for three days.

**GIFTS (Giving Individuals Food for The Soul)** provided **2,148** home delivered meals to **6** homebound people living with HIV/AIDS and to their dependents.

The **Lunch Box**, our mid-day meal program served **63,291 free meals** and our evening dinner program served **33,791 meals** to individuals who were either unemployed, homeless, or did not earn a living wage. Our two after-school programs provided another **8,352 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.

Our **Mobile Fresh Market**, a farm fresh market on wheels distributes local, sustainable fruits and veggies to the Poughkeepsie area. The goal of the Poughkeepsie Plenty Fresh Market is to provide access to affordable healthy food for everyone. Operating from June through October with stops throughout the city of Poughkeepsie, this season we served over **600 city residents**. The market offered a variety of locally grown produce at affordable prices and accept all forms of payment, including food assistance benefits.

**Children’s Clothes Closet** provided 958 visitors with free, used clothing for their children.

**Annual Coat Drive / Giveaway** collected over **4,800 coats**, distributed through seven sites around Dutchess County: Beacon, Hyde Park, Miller-ton, Pleasant Valley, Poughkeepsie, Rhinebeck and Fishkill.

### Staff

- Brian Riddell**  
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- Kathleen O’Rourke Murphy**  
*Associate Director*
- Tara Whalen**  
*Administrative Assistant*
- Sarah A. Salem**  
*Development Associate*
- Carol Beck**  
*Volunteer Administrator*
- Carol Hegener**  
*Office Assistant*
- Josh Otero**  
*Case Manager*
- Dahlia Vazquez-Habib**  
*Case Manager*
- Shawna Humes**  
*Reception*
- Margot Schulman**  
*Lunch Box Manager*
- John Ridgeway**  
*Lunch Box Assistant*
- Bethann Bruno**  
*Mobile Market Manager*

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- Bharat Thakkar**  
*Treasurer*
- Cindy Smith**  
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