



Food Network Challenge Competitor, Derek Corsino and the cake he created for the Lunch Box.

30th Anniversary of the Lunch Box

Our Sixth Annual Brunch celebrated the 30th Anniversary of the Lunch Box at the Grandview in Poughkeepsie on September 23, 2012. Over 200 attendees gazed at the incredible view of the Hudson River as they ate a delicious brunch and specially made cupcakes that were presented by our guest speaker, 2011 Food Network Challenge Competitor, **Derek Corsino**, who is also a CIA graduate and pastry chef/owner of Corsino Cakes in Wappingers Falls.

Charles S. North, President and CEO of the Dutchess County Regional Chamber of Commerce, was the Master of Ceremonies for the sixth year in a row, adding his good humor and wit to complement the fundraiser. A tremendous outpouring of sponsorships from the community, combined with our live and silent auctions, enabled us to reach our goal of \$30,000 for Dutchess Outreach programs.

The **Clarke Family - Owen** and **Linda Clarke**, and **Beth Clarke Cookinham** were recognized for their continued efforts to help the less fortunate by supporting the work of Dutchess Outreach. *Community Partner Awards* were also presented to **Dutchess County Association of Realtors** and **Dutchess County Interfaith Council** for their ongoing support.

A special thanks to our sponsors

Ulster Savings Bank; Hudson Valley Federal Credit Union; IBM; Central Hudson; Covanta Energy; Gellert & Klein, P. C.;



The Clarke Family- Owen & Linda Clarke and Beth Clark Cookinham were honored for their extraordinary service to Dutchess Outreach. Pictured from left to right: Brad Cookinham, Beth Clarke Cookinham, Linda Bartles Clarke and Owen T. Clarke, Jr.

Health Quest; Macy's; Marist College; St. John's Lutheran Church; Thrivent- Hudson Valley Chapter; CDPHP; Dr. & Mrs. Samuel Simon; Kirshon & Company, P. C.; MVP Health Care; Pan Gregorian Enterprises, Inc.; Shadowood Mortgage, St. Francis Foundation, TEG Federal Credit Union, Thrivent Financial for Lutherans, Trustco Bank, Vassar College, WSP SELLS.

Honoring Our Volunteers

This year's Volunteer Recognition Reception, sponsored by **Theresa** and **Robert Dryfoos** and the **Orange County Trust Company**, was held at the Henry Wallace Visitor & Education Center to recognize and thank the generous efforts of Dutchess Outreach volunteers.

Lila Lynch received the *Mary Keeley Award*. Lila has volunteered for Dutchess Outreach for twenty years. Every Monday you will find her in the Beverly Closs Food Pantry interviewing clients, bagging food, stocking shelves, or counting donations. The *Susan DeKeukelaere Caring Heart Award* was presented to **Doris Mack**. Doris has volunteered for Dutchess Outreach for over twenty years in the Children's Clothes Closet and with the Coat Giveaway. Soon after having a serious fall, Doris was back at her post helping those in need. The **Arlington Hockey Team** was recognized with the *Outstanding Youth Award*.



Lila Lynch received the 2012 Mary Keeley Award at the Volunteer Recognition.

Community Service Awards were presented to **Dassault Systems**; **TEG Federal Credit Union**; **Jewish Family Services**; **Pan Gregorian Enterprises of Upper NY**; **Tony Trigonis, 84 Diner**; **Poughkeepsie Farm Project**; **Stewart's (New Paltz)**; **Vail Farm Elementary School**; and **St. Mary's, Mother of God**.

Special Recognition was given to **Acts of Kindness**, the **Development Committee**, **Polly Huff** and **David Lund**. *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.

"Thank you so much for giving me the opportunity to give back. I am very lucky to lead the life I lead."

- A Student Volunteer

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. Individual donations are always welcome. Bring goods to Dutchess Outreach, 29 N. Hamilton Street, Suite 223. 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 future 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



Brian Riddell,
Executive Director

Help Us Find a Better Way *25% of our local residents don't have enough good quality food.*

Many years working in anti-hunger efforts have led me to think differently about food. Sure, it remains a source of joy, a way to bring together family, friends and strangers. But it's more than that. Food is essential to life. Like air, like water, we just can't live without it.

The news, just announced in September, that fifty-percent of children in a number of upstate New York cities now live in poverty seemed to just be accepted, with no yells of outrage. What can't be ignored, though, is that hunger is poverty's cousin. Just think of all those children in half of those cities' homes with only enough food to barely get by. They're trying to succeed without the needed building blocks and the essential nutrients to supply their minds and bodies. Talk about going against the odds.

According to most statistics, more people than ever in this country are now using the emergency food network. A recent study of food security in the City of Poughkeepsie revealed almost 25% of the residents do not often have enough nutritious food for themselves or their families. Yet the rate of obesity is climbing among Americans overall, and increasing exponentially among U.S. children.

When there's not enough food in people's homes, they come to programs like our Dutchess Outreach Beverly Closs Emergency Food Pantry. This past summer, just before the child poverty numbers were released, our Food Pantry was busier than it's ever been. Really! We served nearly a thousand people in August alone; three hundred fifty of them children! And it was such a struggle to keep enough food on our shelves. Harder than it's ever been.

So we unleashed the power of the social media friends of Dutchess Outreach and their friends and food donations began to arrive almost immediately. We went shopping at the regional food bank more than ever before (we do have

to pay, they don't give it away). Thanks to everyone's help we are able to have food for those who came in need. That's what this is all about.

The short term solution is to get food to the people who need it. All the food drives, the individual, club, and business in-kind donations are essential to seeing that people have enough to eat. In the interim, think about what has brought us to this point.

Hunger and obesity are thriving in a food system where, according to a 2012 National Resources Defense Council report, forty percent of the food goes from our farms to the dumpster. They estimate Americans are throwing out the equivalent of \$165 billion each year, and wasting twenty-five percent of our fresh water as well, along with adding tons of pesticide and chemicals to our soil with no value in return.

The emergency food network, the system of regional food banks on which we depend as an important resource for our food distribution, does not do much better in the efficiency department. Recently we purchased what is called "salvage meat" from the regional food bank that had come a very long way for a short stay in our pantry's freezer. Walmart's "salvaged" pizza rings traveled all the way from their store in Arizona to arrive in Poughkeepsie by way of Latham, NY and who knows what other stops in-between. How could those resources; paid time and fuel costs, be used otherwise to help feed people? And who pays? We all do; in more ways than one.

The current food system is one that provides negative outcomes for many Americans at exorbitant cost. Taking a close look at this seriously deficient system should yield benefits for all of us. In addition to cost savings, some of what is wasted could be transformed into a real food safety net for the thirty-something million Americans who now regularly use emergency food programs. Do we have to accept that the poor will always be among us? Shouldn't we all be looking for longer term solutions to the problem of hunger and commit ourselves to eradicating it forever?



Volunteers help sort coats.

UPDATE 2012

In Memory

Hilda Sterling volunteered every Tuesday in the Lunch Box for many years. She was part of the original Tuesday Group - **Onnie, Dottie, Jack** and **Hilda**. She will be greatly missed.

Coat Drive

The 2012 Susan DeKeukelaere Memorial Coat Drive sponsored by **Guardian Self Storage** was another great success, collecting about 5,000 donated coats, a little less than last year.

The **McCann Ice Arena** at the Mid-Hudson Civic Center also teamed up with Dutchess Outreach for the second year offering free skating to those who donated a winter coat during the first and second weekends in November.

A special thank you to **Jonathan Sheer** and **Town & Country Cleaners** for continuing to clean coats collected in the coat drive. This is the 15th year that they have offered their services!

Community Support

Thank you to our community for your nomination! On April 4, **Smart Systems** presented a \$1,000 donation to Dutchess Outreach. We won the contribution through their Caring Community "12-in-12" program. The program ran for 12 months and gave a donation monthly to a local nonprofit, selected at random from community nominations.

The **AXA Advisors** volunteered on September 7, their "Day of Service". They helped in the Lunch Box, Food Pantry and Children's Clothes Closet. The Clothes Closet looked wonderful and the volunteers in the Lunch Box and Pantry also did a great job. Upon their recommendation, Dutchess Outreach received a \$1,000 charitable grant.



AXA Advisors volunteering at the Lunch Box.

On September 5 Dutchess Outreach's program, Acts of Kindness (AOK) hosted an open house at its new home at **Dutchess ARC**. This collaboration supports the mission of both organizations and celebrates the benefit of community partnerships. AOK's new location is at 8 Industry Street, Poughkeepsie, NY 12603 in the Dutchess ARC building. Along with a new convenient location are new operating

hours, 10AM to 2PM Tuesdays-Thursdays. By collaborating with area human services agencies, organizations and community donors, AOK provides essential household items to those who cannot afford them on their own. In 2011, AOK assisted over 30 agencies/organizations in obtaining household items for more than 275 clients.



AOK ribbon cutting at Dutchess ARC.

The **Church of The Messiah** in Rhinebeck holds a luncheon every third Thursday of the month to raise money for local charities. They have had two luncheons raising \$500 each time for Dutchess Outreach programs, the Lunch Box and Emergency Assistance. In February, the volunteers from the Church will again hold a luncheon to raise money for the Lunch Box. If you happen to be in Rhinebeck around noon on the 21st, come to The Church of the Messiah for delicious food, good company, and to help raise money for the Lunch Box.

Farewell and Welcome

We sadly said goodbye to **Daniel Buzi** who began working at Dutchess Outreach part-time with the GIFTS program, then became a full-time Case Manager. Thank you, Dan, for your three years of service.

Roberto Abadia joined Dutchess Outreach in May as a Case Manager. He lives with his wife, Jesenia, in Walden, Orange County. He has two stepsons, two daughters, and a grandson. Roberto is working on his Bachelors in Human Services through Empire State College. When asked why he chose that field, he said, "I want to be part of the solutions to the problems facing our society."

Board of Directors

Three members of our board completed their service this past year. A special thank you goes to **Patricia Myers**, **Reverend John Simon** and **Carol Stevens** for their past service. In addition, we have welcomed four new board members, **Mark Burlingame**, **Billie Dunn**, **Christa St. Germain** and **Bharat Thakkar**.

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 August 2012, a client came to Dutchess Outreach asking for help in communicating with a local social services agency for benefits. He had been ill for quite some time, had no family, was homeless and without income. Since he had been denied before, he was hesitant to go through the process again without help. After our caseworker suggested he apply for food stamps, Medicaid and other benefits, a case was finally opened.

One morning, our caseworker saw the client in the parking lot, barely able to walk. He asked for help. She took him to the hospital where he had to have his leg amputated due to untreated Diabetes. He could not survive back on the streets now and also would not be able to stay in a homeless shelter. He remained in the hospital for two weeks and then was going to be released back on the streets. Our caseworker fought for him to be transferred to a nursing home for a few weeks instead, and was successful. The caseworker began working with a local housing organization to find him a permanent residence, a wheelchair and medical transportation for dialysis.

On October 17, the client was given the keys to his own place. It was a long road to get to this point. Today he is very happy to be in his own apartment.

Case No. 2

One morning a gentleman arrived at Dutchess Outreach,

clearly in distress and trying to hold back tears. He had come to Poughkeepsie to enter a rehab facility, but during his first night he had extreme stomach pains. He went to the hospital, stayed overnight and then was sent on his way. However, the rehab facility had a policy that new patients had to spend a consecutive 24 hours in bed rest at their lodging, which he had just broken. They did not permit him to return.

Clearly he was in a bind because he was in an unfamiliar community, had no place to go and had no money. You can imagine how hard it must have been for him not to give up; just at the moment when he begins his journey to a better, healthier life, the door is closed in his face.

Our caseworker sat down with him and found another rehab in Albany who had a bed available. The only issue was, he needed to be there by 3:30pm, which seemed impossible. It was 2:00 and Albany is an hour and a half away, even longer on a bus with multiple stops. Then we thought, how about an Amtrak ticket? Looking online we found a train that was leaving Poughkeepsie at 2:38 and would arrive in Albany at 3:45. The rehab agreed to meet the client at the train station.

As the client left, he was choking back tears, this time for a much different reason. He thanked every Dutchess Outreach employee he could. By thinking outside the box we were able to give someone another chance.

"I cannot thank you enough for helping us out. When I gave the news to my husband I just saw the relief in his face...Between me with the cancer and him worrying about me and how the bills are getting paid the oil was a big relief." - An Emergency Assistance Client

"The GIFTS program has been a blessing in my life. The food is great and tastes really good. The people are very caring..." - GIFTS Client

Boston Garden & Flower Show

First impression...Is a lasting impression. That was the theme for the Boston Garden & Flower Show attended by Dutchess Outreach staff and friends on a bus trip to Boston in March 2012. Those who participated were very impressed with the show and suggested to schedule another trip next year. The theme for 2013 Boston Garden & Flower Show is "Seeds of Change" and is scheduled for March 13-17. For additional information, please e-mail Carol Hegener a carol@dutchessoutreach.org or call 454-3792, ext. 3208.

Cram the Classroom

October 22 kicked off the first phase of the "Cram the Classroom" food and supply drive. This is a district-wide effort that includes the **Arlington Central School District's** twelve schools, as well as all district offices. The drive runs through November 20 with different items being collected each week and stored in a central location until the end of the month when items will then be delivered to Dutchess Outreach. For the first month of the drive, personal care and baby needs items will be the focus of collection. After the holidays, the drive will resume in January for another four weeks of food collection. This is very helpful for us as the Food Pantry dona-

tions normally drop significantly after the holidays. Melissa Erlebacher, the Volunteer Services/Arts-in Education Coordinator is the coordinator for this effort. The goals for this district-wide food drive is not only to provide Dutchess Outreach with needed supplies and food items, but also to teach students about the importance of compassion for others and the need to contribute to their local community, with faculty and staff leading by example. This effort will also increase the students' understanding that hunger continues to plague our local, national and international communities. Dutchess Outreach is extremely grateful for the "all in" spirit and support from the Arlington community.



Arlington Central School District's Cram the Classroom kickoff.

Dutchess Outreach, Inc.

ANNUAL REPORT

July 1, 2011 - June 30, 2012

(Unaudited)

PUBLIC SUPPORT

Contributions	\$169,124
United Way	54,400
Ryan White Title I	11,904
Federal / State Grants	68,863
Other Grants	307,639
Special Projects	97,812

OTHER REVENUE

Medicaid	12,031
Investment Income	19,169
Miscellaneous	23,700

TOTAL REVENUE \$764,642

EXPENSES

Program Services	\$587,765
Supporting Services	106,649
Fundraising	66,139

TOTAL EXPENSES \$760,553



1974 - 2012 38 YEARS OF FOOD, CLOTHING AND CARING

Program Services FY 2011-2012
Our fiscal year ending June 30, 2012 was Dutchess Outreach's 38th 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 84,582 meals for 1,650 unique families, including 1,610 children. Every month, clients are eligible to receive enough food for three days.

GIFTS (Giving Individuals Food for The Soul) provided 6,570 home delivered meals to 18 homebound people living with HIV/AIDS and to their dependents.

The **Lunch Box**, our mid-day meal program served 82,059 free meals and our evening dinner program served 21,547 meals to individuals who were either unemployed, homeless, or did not earn a living wage. Our two after-school programs provided another 5,808 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 Fund** distributed \$43,353 in grants to purchase needed prescriptions for 272 people. With \$29,104 in grants and effective advocacy and referral we were able to prevent the eviction of 268 people, including 130 children; \$17,170 in grants and our caseworkers' intervention kept the lights or the heat on for another 489 people, of whom 235 were children. \$10,600 was distributed in food vouchers for 87 people who were impacted by Hurricanes Irene and Lee.

Children's Clothes Closet had 655 visitors that received free used clothing for their children this past year.

Annual Coat Drive / Giveaway collected over 5,000 coats, distributed through seven sites around Dutchess County: Beacon, Hyde Park, Miller-ton, Pleasant Valley, Poughkeepsie, Rhinebeck and Fishkill.

Acts of Kindness (AOK) worked with over 30 human services agencies to provide 275 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
Falicia Chance
Development Associate
Carol Beck
Volunteer Administrator
Carol Hegener
Office Assistant
Ruth Jackson
Case Manager
Roberto Abadia
Case Manager
Rosemary Grabowska
Reception
Ralph Rogers
Lunch Box Manager
Robby White
Assistant Lunch Box Manager
John Ridgeway
Lunch Box Assistant

Officers
Kelly Traver, Esq.
Chairperson
Ann St. Germain
Vice Chair
Owen T. Clarke, Jr.
Treasurer
Karl DeKeukelaere
Secretary

Directors
Mark Burlingame
Robert Caso
Elizabeth Cookinham
Joseph Conti
Billie Dunn
Victoria Mara
Brendon McGahan
Lisa Morris
Kyro D. Ojulo
James Passikoff
Jillian Perry
Cindy Smith
Erika Stavanau
Christa St. Germain
Bharat Thakkar
Dora Visbeck

Directors Emeritus
L. Wallace Cross
Geraldo M.V. DePorres
Barbara Lumb
Roderick J. MacLeod, Esq.