



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

Our Spring 2022 Newsletter



A MESSAGE FROM FSC'S EXECUTIVE DIRECTOR KERIN DELANEY

*"You see, food relief is not just a meal that keeps hunger away.
Cooking and eating together is what makes us human."*

World Central Kitchen Founder José Andrés

Food is a universal bond that brings people together; in this newsletter, I've shared a note and photo from one of our clients that exemplifies this. During the pandemic, FSC has collaborated with many organizations in support of providing healthy, nutritious food to our client families on and off the Cape every week:

- The Greater Boston Food Bank (GBFB), one of our key partners, never missed a weekly Tuesday morning delivery of 10,000+ pounds of food throughout the pandemic;
- Our collaboration with the Falmouth Senior Center harnessed our collective resources, early in the pandemic, to ensure that seniors who needed food delivery received FSC pre-packed bags of groceries delivered in the Senior Center van;
- Our current partnership with the Barnstable County Food Access Coordinator and Cape Abilities to get food to families who have no other means of managing their food insecurity; and
- Our work with the Falmouth Public Schools' Culinary Arts program to involve FHS students in the preparation of healthy meals delivered to our home delivery clients.

These food-focused collaborations, as well as many more, are possible in large measure because of FSC's outstanding operations & warehouse manager, Brian Dugan. Before arriving at FSC four years ago, Brian worked for the Falmouth Public Schools with responsibility for their before and after school programs in collaboration with the YMCA. Now at FSC, Brian selects and procures the weekly GBFB food deliveries, and he collaborates with local food providers across the Cape from large chains like Stop & Shop to smaller, more local vendors like Jack in the Beanstalk. Brian understands food insecurity on the Cape; he appreciates the tastes and preferences of those served by FSC; and he is a critical force behind ensuring that all who need it have access to plentiful and healthy food options.

"When I started at the Falmouth Service Center, I knew a bit about the services offered to clients. Fast forward to today, and I cannot believe all that FSC has to offer. So many in our community on the Cape do not understand that many residents are truly food insecure. Part of my work is to help these individuals receive healthy, nutritious food that they and their families need. Some may need our support for a short time, while others may need our services more frequently. No matter the circumstances, we are all here in support of FSC's mission to ease stress, reduce hunger and improve the quality of life for our neighbors."

Brian Dugan, Operations & Warehouse Manager

In closing, I want to acknowledge our greatest partnership of all, and that is with all of you in our community. You are connected to us by giving so generously of your time and service, and financial support. Addressing issues of food insecurity, as well as building connections in our community, would not be possible without you. Our hearts are full of gratitude today and every day for our extraordinary community.

Thank You!

CLIENT CORNER

Nutritious Plates

*Eliana's email arrived in my inbox early one morning and it immediately caught my attention and made my day. Eliana, one of our clients, took the time to send me a note and to share a photo of the amazing dinner she had made the night before with many of the groceries she picked up at FSC that week.

Eliana loves cooking and created her own chicken curry recipe with chicken, bell peppers, onions, broccoli and avocado from the food pantry. She was excited to share the bright, colorful photo of this special dish with me and she really warmed my heart. I was elated not only by the meal she was able to prepare for her family, but also by FSC's commitment to offering healthy and nutritious ingredients to our client families, that they want to eat.

"Picking up food from the pantry helps me very much; I may not have anything (in the house) to prepare, but after a visit to the pantry, I can prepare a healthy meal," wrote Eliana. She described the pantry experience as an "awesome blessing." She has been a client of FSC for a number of years, and has been able to participate in a number of our special programs in order to help stabilize her household.

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She picks up food a couple of times each month; among her favorites are our fresh fruits, vegetables, chicken and oatmeal. Eliana has applied for help with her rent through our financial assistance program. She has received our Thanksgiving baskets and participated in our special programs for children, including our back to school program, Fresh Start, and our holiday program. It was after our most recent Children's Holiday Program that Eliana reached out to me to share how helpful FSC has been to her as a single mom.

If you or someone you know needs assistance, FSC can help. We have a range of programs available; our pantry is open to any household in need from any zip code; and we can make referrals for additional services with our partner agencies.

A special request - if you've made a delicious meal from groceries you've picked up at the pantry, please share your photos. We love to see them and we'd love to try the recipe ourselves!

**Name changed for confidentiality*

Grocery Distribution Hours

Tuesday, 10 am - 12 noon
Wednesday, 3:30 - 5:30 pm
Thursday, 10 am - 12 noon
Friday, 10 am - 12 noon



DONOR CORNER

Gabrielle Allen: Donor & Volunteer



"Erring on the side of generosity" has long been the philosophy at FSC when delivering on our mission "to ease stress, reduce hunger and improve the quality of life for our neighbors in need." This philosophy is what spoke to Gabrielle Allen's heart and drew her in, first to become a FSC donor and later a volunteer.

More than 25 years of Gabrielle's career involved working in Worcester as a vocational rehabilitation counselor for a major insurance firm. When her first grandchild was born in 2015, she was able to live in Falmouth full-time and shift to part-time, remote work from home. It wasn't long before Gabrielle retired to focus fully on her family and her community.

Making FSC one of her philanthropic priorities before she started volunteering was easy for Gabrielle. Why - because FSC's reputation for providing the basics; food, clothing and financial assistance, are fundamentally important to her in supporting her community. Gabrielle's giving became more frequent and creative when she learned about the range of FSC's services, such as the back to school program, Fresh Start; the Foods to Encourage program that helps those with hypertension and diabetes improve their health through diet, regular monitoring and education; and FSC's twice-monthly visits to Joint Base Cape Cod with a mobile market in support of military families.

In fact, in the spring of 2020 as COVID was beginning to take off and as the need for assistance was beginning to increase, Gabrielle and her husband made special birthday gifts to one another; gifts to FSC in honor of each other and in recognition of FSC's critical mission. These donations, like most of Gabrielle's gifts, came with no specific designation because she believes that her support will be put to good use where needed most.

With her time freed up in retirement, Gabrielle looked to FSC for regular volunteer service. She served

**"ONE OF THE BEST WAYS
TO TEACH GENEROSITY
IS TO MODEL IT."**

Thanksgiving dinner one year at an area church; she supported FSC clients in the Pantry pre-COVID; and she negotiated a connection with Penzeys Spices to provide FSC clients with some tasty seasonings for their meal preparation. COVID prompted her to step away for a time to provide some preschool activities and childcare for her two New England grandsons.

Now Gabrielle has returned to support FSC's client choice grocery distribution and applauds her fellow volunteers, their friendly, welcoming ways and devotion to FSC's mission, as one reason for her return. She acknowledges the dignity and respect shown to FSC clients as a real and authentic strength of the organization; and she credits her grandchildren with inspiring her continued philanthropy because as she told us when we chatted with her recently, "one of the best ways to teach generosity is to model it."

We thank you, Gabrielle Allen, for being a model grandmother, donor and volunteer and for inspiring us all with your generosity.

If you would like to support FSC as Gabrielle has, or would like to learn more about how to get creative with your own giving, please visit FSC's website or call to speak with a member of the staff.

HOLIDAY PROGRAM: A HUGE SUCCESS! . . .



The survey results for our Children's Holiday Program are in and we are delighted to share that our Falmouth & Mashpee client families loved receiving winter coats & gift cards for their children. Families gave us high ratings for the program and nearly 90% hope we'll offer coats again this year.

One client said, "Thank you for all you do for our families and our children on a daily basis. Thank you to all the volunteers that make it possible and are always kind."



The Greater Boston
**FOOD
BANK** 

PROUD
MEMBER AGENCY

WE COULDN'T DO THIS WITHOUT THE GREATER BOSTON FOOD BANK. . .

An 18-wheeler GBFB truck pulls up to our truck bay early every Tuesday morning to deliver more than two tons of perishable and nonperishable food items. Between 75-80% of our food comes from GBFB, making them our most significant partner in our fight to end hunger.

Through our partnership with GBFB, and thanks to the thoughtful ordering by warehouse manager Brian Dugan, we have diversified and increased our grocery selections. Olive oil, lobster bisque, salmon tails, mangoes, cherry tomatoes, salad mixes, pancake mix and syrup, a variety of condiments, and many toiletries are among the newer additions and most popular among our client households.

FRESH START IS LAUNCHING...

The last day of school isn't even here yet and we are already planning for the first day of school in September! As part of our Fresh Start back-to-school program, Falmouth & Mashpee children in need will receive new backpacks filled with supplies and a gift card to assist with purchasing new clothing. We request your help with sturdy, dark-colored backpacks for kids (ages 12-18) and your financial support. Thank you for helping to give many children a Fresh Start!



LOCAL NONPROFITS JOIN FORCES FOR ONEFALMOUTH. . .

OneFalmouth, a new partnership of Falmouth nonprofits committed to making a collective impact through awareness, education and engagement, launched their campaign in a telethon in mid-February. The telethon, held on FCTV, featured each partner and highlighted the important work that each is doing in our community. It also featured prerecorded messages from sponsors and people around town, and also showcased local talent. A great inaugural event for OneFalmouth! (onefalmouth.org)



FSC ACKNOWLEDGED FOR SUPPORT OF MILITARY FAMILIES. . .

Twice each month, FSC staff and volunteers support military families at Joint Base Cape Cod (JBCC) by offering a mobile market to all those who live and work at the Base. We have been doing this now for several years, and have been very pleased that it has continued throughout the pandemic in a way that has been safe and healthy for all to participate. At a recent Advisory Meeting at the Rotary Club of Falmouth, attended by our executive director Kerin Delaney, FSC was thanked and acknowledged for its continued commitment to our military and their families, particularly during COVID-19.

A HEARTFELT THANK YOU TO COMMUNITY FUND DONORS. . .



The Falmouth Service Center Board of Directors, staff, volunteers, and most importantly our neighbors who need us, wish to offer a heartfelt thank you to the generous donors who support the annual Falmouth Enterprise Community Fund. The Enterprise's support of the Community Fund dates back to 1994, when \$12,700 was raised for FSC. The Enterprise team donates their time and media network to underscore the importance of this campaign to raise much needed funds. This year, the fund exceeded its \$100,000 goal!



DID YOU KNOW? HAND IN HAND SUPPORTS OUR ENVIRONMENT TOO. . .

Congratulations to our Hand in hand Thrift Shop because thanks to our amazing volunteers and our recycling efforts at the shop, last year nearly 220,000 pounds of clothing and 90 tons of scrap metal were saved from entering the landfill. We are so proud of all our team does to reuse, reduce & recycle.



5,487

Individuals served



61,297

Bags of groceries distributed



37,729

of items sold at Hand in hand Thrift Shop



\$115,000+

Raised from Grocery Bill of the Month to purchase fresh produce



33,886

Volunteer hours served



2021 Falmouth Service Center Highlights



454

Falmouth & Mashpee children participated in Children's Holiday Program



546,000

Pounds of food received from the Greater Boston Food Bank



220,000

Pounds of textiles Hnh saved from entering local landfills



\$100,000+

Raised by the Falmouth Enterprise Community Fund



\$275,000+

of financial assistance provided for housing & utility support to Falmouth households



When you shop at Hand in hand, you give the gift of community

Every purchase made at Hand in hand directly benefits the multiple client programs at FSC. Thank you for your support!



Shop Hours

Tuesday, 10 am - 4 pm
Wednesday, 10 am - 4 pm
Thursday, 10 am - 6 pm
Friday, 10 am - 4 pm
Saturday, 10 am - 4 pm

Donation Hours

Tuesday - Saturday
10 am - 2 pm

If you wish to donate gently used furniture, household goods, clothing or volunteer, visit our website for information.

141 Sandwich Road, East Falmouth
508-457-0770
handinhandthriftshop.org



TEAM FSC needs you!

Race day is Sunday, August 21, 2022



**NUMBERS FOR
NONPROFITS**
presented by:



Join TEAM FSC and run the
2022 ASICS
Falmouth Road Race!

**WE HOPE TO RAISE
\$30,000 THIS YEAR!**

FINISH

For more information, PLEASE CONTACT
our Team Captain, Mary Casey at:
marholl14@gmail.com





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Falmouth Service Center

611 Gifford St., Falmouth
Phone: 508-548-2794
falmouthservicecenter.org



Hand in hand Thrift Shop

141 Sandwich Rd., East Falmouth
Phone: 508-457-0770
handinhandthriftshop.org



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

FALMOUTH SERVICE CENTER BOARD OF DIRECTORS

Robert Antonucci, Paul Berlinguet, Lawrence Bigelow, Rev. Nell Fields, Eric Husebo, Brian Keck, Catherine Whelan Kligler, Rev. Will Mebane, Pauline Neves, Jacqueline Nolan, Ronald Nunes, Anne Pickart, David Prosten, Richard Sperduto, Brenda Swain (Executive Director Emeritus) and Kerin Delaney (ex officio)

FALMOUTH SERVICE CENTER STAFF

Kerin Delaney, Executive Director; Elyse DeGroot, Deputy Director; Linda Dias, Client Intake Coordinator; Steve Dreher, Thrift Shop Warehouse Associate; Brian Dugan, Warehouse/Operations Manager; Sharon Howard, Volunteer Coordinator; Arlene Hoxie, Development Associate; Joy Paruch, Thrift Shop Manager; Cynthia Syverson-Mercer, Thrift Shop Assistant Manager; Crissy Torruella, Administrative Associate; Bill Walker, Warehouse Associate.

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