



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



Our Spring 2024 Newsletter



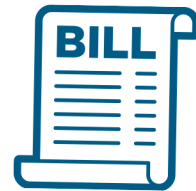
9,453

Individuals assisted through our food programs



1,111,022

Pounds of food distributed to clients



\$339,768

Financial assistance, provided to Falmouth households for housing, utilities & more



200,640

Pounds of textiles recycled by Hand in hand Thrift Shop



\$1.7 million

Value of total volunteer hours served



\$579,235

Raised by the Annual Appeal & Falmouth Enterprise Community Fund



1239

Turkeys donated by the community to the Falmouth Service Center



62,685

Clothing items, linens & books sold at Hand in hand Thrift Shop

A MESSAGE FROM FSC'S, EXECUTIVE DIRECTOR, KERIN DELANEY

Spring is such a wonderful time of year: trees, plants, and flowers begin to bloom; the birds and ospreys return from their winter homes; and the extra daylight is a welcome relief after a long winter. At FSC, we are blooming too. We are excited to relaunch our mobile markets at the Falmouth Public Schools and renew this wonderful community partnership. We are part of a coalition of services participating in the 'A Place at the Table' lunches held at St. Barnabas's Episcopal Church with a mini mobile market available to all who attend, including those who are currently homeless in our community. We launched a new program called 'Senior Shopping' on Thursday afternoons, which is available by appointment to our senior households. This offers them a more personalized shopping experience, as well as eliminating lines for them during food distribution.

We continue to make progress with our ambitious strategic plan and have increased food programs and financial assistance, expanded collaboration with community

partners to offer more services onsite for our client families, and increased outreach to diverse communities.

April 1st starts our new fiscal year and for the first time in our 40 year history, we have budgeted \$1 million for our food programs, which will ensure that we can meet the need, in terms of quantity and quality of foods, for the 600+ households who come to us on a weekly basis. In addition, we plan to continue expanding our mobile markets and outreach to those who are experiencing food insecurity on Cape Cod. We wish we were not needed and that everyone had enough to eat but we are relieved that we are a resource for the many families struggling to make ends meet.

Throughout the month of April, during National Volunteer Month, we will be celebrating our amazing volunteers, 450+ strong! FSC and our Hand in hand Thrift Shop could not operate without them. Every single volunteer and every single role is critical to our success in helping our neighbors in need.



"A little flower that blooms in May

A lovely sunset at the end of the day

Someone helping a stranger along the way

That's heaven to me."

– Sam Cooke (poet)

Someone recently described our pantry as a 'bee hive', that is, lots of 'worker bees' all knowing their individual roles and all working for the collective good. We love that description!

There is so much to be appreciative of as we start a new year. I hope you enjoy this issue of our newsletter as you read about our many programs, community partners, supporters, and volunteers. And, if you ever find yourself in need of any of our services, please don't ever hesitate to reach out. Let us be the ray of sunshine that helps you bloom.



COMMUNITY PARTNERS: Better Together

The Falmouth Service Center works with civic and nonprofit partners to build a vibrant, equitable community; one that empowers families and individuals and provides access to the resources and services that support healthy, independent living. In each newsletter, we will highlight a few of our community partners.



Pictured above, Kerin Delaney and Jim Long.

The Fairwinds Clubhouse partners with the Falmouth Service Center through the Independent Employment Program. Fairwinds Clubhouse is a part of Fellowship Health Resources, an organization that seeks to improve quality of life for individuals with behavioral or cognitive disorders. Through the Independent Employment Program, Fairwinds matches clients with sponsoring employers. FSC employs two individuals each year to assist with the bottle and can recycling program. Last year, Fairwinds employees sorted over 160,400 cans and bottles! We are grateful for the commitment of long-term employee, Jim Long, who has been assisting FSC since 2003.



Each month, clients and community members receive assistance with MassHealth applications and immigration-centered legal counsel from the Community Action Committee of Cape Cod and the Islands (CACCI). FSC provides a private space for CACCI representatives to host individual appointments and provide counsel. CACCI helps potential new clients find our services and existing clients appreciate the opportunity to meet with community partners in a comfortable and familiar space. FSC is proud to partner with CACCI and offer additional services to the residents of the Falmouth area.



**Community
Action Committee**
OF CAPE COD & ISLANDS

A Place At The Table,
St. Barnabas's
Parish House.
(91 Main St., Falmouth)
Serving meals to the
community of Falmouth.

FSC visits:
11:30 am - 1:00 pm on
the second and fourth
Tuesdays of
each month.



Saint Barnabas's Episcopal Church in Falmouth provides no-cost meals to the community through their program, 'A Place at the Table'. FSC joins 'A Place at the Table' twice each month through our mobile market grocery program. We provide nonperishable food, produce, and resource information to those attending. We are proud to partner with the Saint Barnabas's Episcopal Church in their valuable service to our community.



PET FOOD PROGRAM

Are you aware that the Falmouth Service Center food pantry helps the whole family - including pets? Thanks to our generous community we are able to routinely provide wet and dry pet food, and treats for dogs and cats. Additionally, we frequently offer donated toys and other pet care items.



Pet food is one of the offerings on our weekly grocery list. It is also made available to our Home Delivery clients, and the military families who come to our FRESH Market at Joint Base Cape Cod. A dedicated group of 10-12 volunteers gather every two weeks in our warehouse to carefully pack and label bags of dry dog and cat food, for distribution to our client families. On average, we distribute more than 300 pounds of kibble plus scores of canned food weekly.

The human-animal bond is powerful! Research suggests that having a pet can reduce feelings of loneliness, anxiety, and social isolation. For many in our community, pets provide much needed companionship. In fact, our program started after discovering that some of our clients were giving up their beloved pets because of the cost of feeding them.

Over the past several years, we have been able to meet the need for pet food thanks to the generosity of area pet food stores; FSC supporters in our community who host pet food drives (collecting unopened and unexpired pet food and care items); and monetary donations received. However, recent demand has outstripped donations. As a result, we spent several thousand dollars on pet food last year. We need your help to boost the pet food donations. Host a pet food drive, make a monetary donation, or add a couple of extra cans or a bag of cat or dog food to your grocery cart when shopping for your pets.



FRESH MARKET RETURNS

The Falmouth Service Center and Falmouth Public Schools have relaunched the FRESH Market program! Thanks to a grant from the Rockland Trust Charitable Foundation, we are able to purchase the extra food items that are offered at these events.

Each month throughout the spring, we are bringing more than 2500 pounds of food into one of the schools. We serve upwards of 130 families every time we host a FRESH Market. Thanks go to the school administrators, teachers, and staff for their cooperation in helping to bring back this vital program.





FALMOUTH ENTERPRISE COMMUNITY FUND COMES UP BIG AGAIN!

The Falmouth Enterprise works in partnership with the Falmouth Service Center to raise much needed funds during the holidays. This year, the Falmouth community donated \$97,745 through the Falmouth Enterprise’s Community Fund. *thank you*

We are so grateful to every single person and business who donated to this Fund. You are vital to our ability to keep up with the increased demand that we have seen over the last year. In 2023 alone, we distributed over 1 million pounds of food. We could not do that without everyone’s support. We are also grateful for the informative stories that the staff of the Enterprise wrote each week from Thanksgiving through the end of the year. These stories shed light on what our organization does on a weekly basis and highlighted some of the very special people who make it all happen.

John Hough, publisher of the Falmouth Enterprise presents a check to Kerin Delaney.



**FRESH START
BACK TO SCHOOL PROGRAM**

Our Fresh Start Program provides children with a new backpack filled with school supplies and a gift card towards the purchase of new clothing. Last summer, we assisted more than 270 children. This year we would like to do even more, but we need your support!

Become a Backpack Buddy

- Drop off a new backpack. We particularly need larger packs for students grades 5-12.
- Donate \$100 to buy and fill a bag with new school supplies and other necessities.

Thank you

Your support makes a difference!
Our families are truly grateful for your assistance.



NEW

SENIOR SHOPPING HOURS



On Thursday, February 15th, we launched a pilot program to make it easier for older adults to visit the food pantry. The Senior Shopping Program allows adults age 60 and older to pick up groceries by appointment.

The huge benefit is no line or waiting outside in bad weather!

Participants in the program are delighted to receive personalized service, and access to clothing and specialty items selected just for them. Volunteers enjoy the opportunity to work directly with clients, who truly appreciate the extra attention. WIN! WIN!

MV BANK CHARITABLE FOUNDATION GRANT SUPPORTS CAPITAL IMPROVEMENTS

Thanks to Martha’s Vineyard Bank Charitable Foundation, FSC was able to replace condenser units on two of our freezers; purchase a new battery for our forklift; and replace our dairy cooler.

We are so grateful to the Foundation for their support of nearly \$23,000 to make these necessary improvements! This makes such a difference to our food distribution program.



Thank you!

VOLUNTEER CORNER: Youth in Action

During a typical volunteer shift at the FSC food pantry or Hand in hand Thrift Shop, you will see no less than 30-40 volunteers serving in various roles. Many are students and local youth from our community. We believe our volunteer opportunities provide an environment for people of all ages and different backgrounds to work together towards a common goal.



"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."

– Dr. Seuss

When we ask our youth volunteers why they choose to serve, they most often say that they do it to help others and to create a positive change in their communities. Year after year, we are so lucky to greet a new generation of young people from our community, who care about where they live and who are willing to make a commitment to improving the lives of our neighbors in need.



Volunteers Lucas and Samuel join their grandfather, Bruce at a recent FRESH Market.



Falmouth High School students Sadie '24, Anna '24, & Kaylee '25 during grocery food distribution at the Falmouth Service Center.



Grocery Distribution Hours

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



SHOP TALK



SHOP TALK highlights the inextricable link between the mission of the Falmouth Service Center (FSC) "to ease stress, reduce hunger and improve the quality of life of neighbors in need" and the Hand in hand Thrift Shop (Hnh) mission "to provide a continuous and strong revenue stream by selling high-quality, repurposed goods donated by the community in support of FSC's client services."

DID YOU KNOW



In 2023, Hnh sold an amazing:

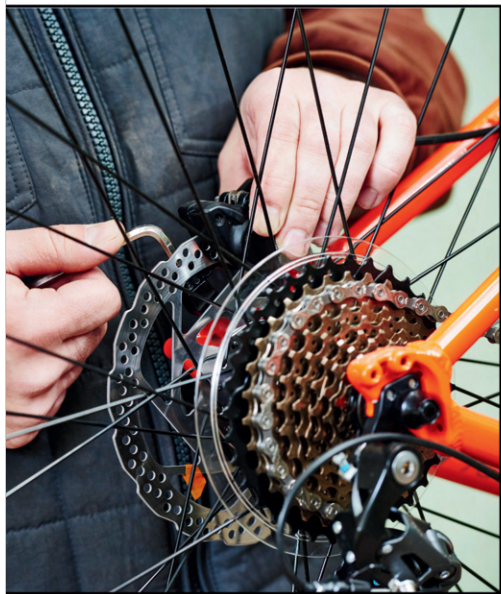
- 1,383 pieces of furniture raising \$38,708;
- 2,419 sporting goods raising \$39,504;
- 6,478 electronic items raising \$45,962; and
- 35,334 household items raising \$278,729!

A huge round of applause to our Hnh volunteers and staff!



HAND IN HAND CONTINUES TO BE THE SINGLE LARGEST CONTRIBUTOR TO FSC'S CLIENT PROGRAMS, PROVIDING CRITICAL SUPPORT TO NEIGHBORS IN NEED.

IT TAKES A VILLAGE TO KEEP THE WHEELS TURNING IN OUR BIKE PROGRAM



On Cape Cod, access to transportation can be a challenge, but Hand in hand Thrift Shop helps fill this void. Each year, many people donate their used bikes to the Thrift Shop, and Ken Voorhees volunteers his time and skill to refurbish them. "If it wasn't for Ken's part, we would not have the quality of bikes to sell," commented Cynthia Syverson-Mercer, Thrift Shop Assistant Manager.

Volunteers Ben and Susan Houghton collaborate to manage the supply of donated bikes. They help to transport and store the bikes. "As you can see, it takes a village of volunteers to make this happen!" exclaimed Ms. Syverson-Mercer.

If you know anyone in need of a bike, please encourage them to come to Hand in hand Thrift Shop on Sandwich Road, East Falmouth, to find the right bike at a great price!

If you have a bike in good condition, please consider donating it to Hand in hand and know that your bike will assist others in our community.



**Thrift Shop Hours: Tues, Wed, Fri & Sat 10 am-4 pm, Thursday, 10 am-6 pm
Donation Hours: Tuesday-Saturday, 10 am-2 pm**



Non-Profit Org.
U.S. Postage
PAID
Permit No. 58
Hyannis, MA



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 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, Rev. Will Mebane, Dana Mohler-Faria, Pauline Neves, Ronald Nunes, Jamie Parker, Anne Pickart, David Prosten, Richard Sperduto, Dianne Wells, Brenda Swain (Executive Director Emeritus), and Kerin Delaney (ex officio).

FALMOUTH SERVICE CENTER STAFF

Kerin Delaney, Executive Director; Trina Andrews, Director of Finance & Administration; Marissa Davis, Director of Volunteer Engagement; Linda Dias, Client Services Coordinator; Steve Dreher, Thrift Shop Warehouse Associate; Brian Dugan, Warehouse/Operations Manager; Arlene Hoxie, Development Associate; Ginny Irving, Director of Development & Communications; Joy Paruch, Thrift Shop Manager; Christine Sullivan, Deputy Director; Cynthia Syverson-Mercer, Thrift Shop Assistant Manager; Crissy Torruella, Client Support Coordinator; Bill Walker, Warehouse Associate.

Printed on responsibly sourced paper