



Lambda Chi Alpha fraternity members installed CEA's new sign last year (above).

Mark Minnis (left) and Sam Kallab worked with Alex Spofford (behind) to get the sign just right. (See story, UMBC's Lambda Chi Alpha Fraternity, featured on page 3.)

Show Off

CEA T-shirts now available



Board member Bobby Crawford sports a CEA T-shirt at Frederic Road Fridays the night CEA was working at the event. He's with board member Peggy Carr.

Show off CEA to everyone who sees your T-shirt and support a good cause at the same time. Drop in at CEA during our open hours, 9 am to 1 pm Monday – Thursday, to buy a shirt., or you can contact Bernie at 443-472-5144. All the proceeds go toward our community services. Thanks go to board member Jane Byers, creator of the T-shirt, and to EmbroidMe Catonsville for letting us buy the shirts at a discount.



Catonsville Emergency Assistance

25 Bloomsbury Ave., Catonsville, MD 21228 410-747-help (4357) • www.catonsvillehelp.org

Open Monday – Thursday 9am - 1pm



Megan M. Rigos,
Executive Director

Keeping the Utilities On



What a busy time of year! You can get caught up in the endless list of things to do from now through the holidays and somehow overlook the needs of our neighbors in Catonsville.

Take for instance, Emma Smith. She has lived in Catonsville for 40 years. Emma lives with her elderly mother who is bedridden and mostly unable to move. Taking care of her mother is now her full-time job.

Emma was a manager at Bank of America for 27 years until she started having

health issues of her own. Poor health made it impossible for her to continue as a manager. She lost her job and got behind on her utility bills, which is a tremendous problem with a disabled, elderly mother to care for.

Emma said that CEA was the first place she turned when she needed help. She was nervous because she had never needed to ask for help before. We were able to help Emma pay her back utility bill and then connected her with other helpful services.

Emma's situation is just one of the many we confront at CEA. That's why we're asking you to remember the people right in Catonsville who are struggling to make ends meet.

We can always use your donation, of course, but, by joining our campaign on #GivingTuesday (see article pg. 3), the day in November after Cyber Monday, your gift will do twice the good. That's because our board will match the first \$1,300 we receive, and every dollar you give for the following week goes directly to pay utility bills for Catonsville residents like Emma.

Fundraiser!

Save the Date:

5-8:00 pm

Oct. 17th at McDonald's

Come hungry to McDonalds on Monday, Oct. 17, 2016, because *all* the proceeds between 5 and 8 pm will be given to CEA. That's right, the McDonalds at 501 Frederick Rd. in Catonsville is hosting a fundraiser for CEA. Owner Jim Bowers, a friend of CEA, said he wants to help those in need in our community.

So bring your friends and family to the restaurant and eat in or take out and make this night a big success. Your neighbors in need will thank you.



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Meet Deb Henkel

Program Assistant Extraordinaire!

Most days at CEA action central is the desk in the left corner of the front room. That's the domain of Deb Henkel, program assistant and the only paid staff member besides Executive Director Megan Rigos.

Deb sees clients and helps them with their food selections; takes new clients through the intake procedure to ensure they qualify for services; makes sure the volunteers have jobs to do; and oversees donations that come in. In other words, a multi-tasker's dream job.

"As a former teacher, multi-tasking comes naturally," Deb said. Before retiring in 2011, she taught health and physical education for 34 years in the Baltimore County Public Schools, and coached a variety of sports as well.

"I like serving the clients and making them feel as comfortable as possible."

Her organization skills, thanks to teaching, come in handy with the extensive record keeping necessary to keep client files up to date. "My teaching background also comes in handy sometimes with the kids that come in with their parents," she said smiling. "I like serving the clients and making them feel as comfortable as possible," she said. "I want our clients to know that this is a place where they can not only get help, but a place where they are respected," she added.

Deb came to what was then CEFM Network because "I wanted a part-time job and it turned out that they needed help," she said.

A Catonsville native, she's been involved with athletics since childhood, and after foot surgery sidelined



her from playing baseball, she helps out the Baltimore Blues, a team in the Eastern Women's Baseball Conference, keeping score and assisting the coaches. Deb enjoys golfing and is known for being an avid Orioles and Ravens fan. Music also brings her great delight. In addition to playing the guitar she sings in her church choir and with a sextet that formed from the choir. In fact, the sextet has sung at Carnegie Hall, Lincoln Center, the DAR Constitution Hall and numerous times on WBAL Radio.

When she's not assisting CEA's clients, Deb volunteers annually on a church mission trip. They help on an Indian reservation in South Dakota for 10 days each summer.

One of the clients summed up how most folks feel about Deb when she said, "We just love Debbie, she's the best."



Kristen Leister, co-owner of Narsissus Hair Salon has a spot in the front of her salon for the Rotary's food collection bin.

Look for the Red and Blue Bins

Look for the red and blue bins around town. The bins are part of the Rotary Club of Catonsville's latest project. This very civic-minded group is spearheading a food collection drive throughout Catonsville for CEA. The drive began in July with the first two red bins, and since then, the bins have been placed in more spots around town making it easy to donate food to CEA.

"We wanted everyone in Catonsville --businesses and residents -- to be more aware of the need there is for food in our community," said Pat Kasuda of the Rotary. So tell your friends where they can easily drop off food.

Where to find the bins:

Narcissus Salon
 Planet Fitness Route 40
 Objects Found
 Catonsville Dental Care
 Rolling Road Golf Club
 McDonalds Frederick Road
 The Hub C'ville Bikes
 YMCA Fitness Center
 YMCA Day Care Center

*Also participating is Buck Wear, Inc., in Baltimore, with a bin for their employees.

Partner Highlight

UMBC's Lambda Chi Alpha Fraternity

For at least the past five years, UMBC's Lambda Chi Alpha Fraternity has been serving CEA and its predecessor, CEFM Network, in many ways.

The group started collecting food for CEA at the Loverde Family Community Fund fall dance held each October. It formalized its relationship with CEA in 2013 when the organization approached the fraternity about adopting the agency.

With Lambda Chi's mission to give back to the community and collect food as part of the Feeding America initiative, it seemed to be a perfect fit. Since March 2013, CEA has benefited from Lambda Chi's numerous hours of labor, pounds of donated food, and money raised from food drives and annual watermelon smashing contest.

UMBC's Lambda Chi Alpha, also known as Phi-Delta Zeta, has earned many accolades and awards since its formation in 1979. To date, it has collected over 20 tons of food for the annual North American Food Drive among other accomplishments.

CEA wishes to salute its partnership with Lambda Chi Alpha/Phi-Delta Zeta, and especially thank the external vice presidents who have been proactive and taken the initiative to schedule Saturday service opportunities at 25 Bloomsbury and with its CEA fundraising events. Thanks go to these external vice presidents: 2012 Alan Ghandi; 2013 Van Ta; 2014 Ryan Ullman; 2015 Nate Jackson; and in 2016 Pablo Guerrero.

AmazonSmile makes it easy for you to support CEA every time you shop.



For more information see:

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#GivingTuesday Nov. 29th Funds Raised Go to Utilities



For the first time CEA is participating in [#Giving Tuesday](https://givingtuesday.org/), and we need you to help make it a success! We'll be appealing to each of you to help us meet our goal of raising \$2600 on Giving Tuesday and the following week. To help meet the goal, the CEA board will match the first \$1300. You'll hear more about this as we get closer to the date.

You can raise money for CEA in whatever creative way you like – maybe you'd like to have a social media campaign of your own to encourage your friends to give to CEA. Or maybe your employer will match your donation. Or you might hold a 50/50 raffle at an event and donate the proceeds to CEA.

#GivingTuesday is a global day of giving that is celebrated on the Tuesday after Thanksgiving, following the big shopping events of Black Friday and Cyber Monday. Started five years ago, #GivingTuesday kicks off the charitable season, when many people focus on their holiday and end-of-year giving.

CEA will dedicate the funds we raise to helping our clients keep their utilities on. With additional funds we can help more clients who have received a utility turn-off notice or those whose utilities have been turned off and need help paying the bill. This is so important in cold weather as not only are lights and heat gone, but so is refrigeration and often the use of a stove on which to cook.

We'll be able to help clients like Andrea S: "I had nowhere else to turn when I came to CEA for help with my utility bill. I wasn't working when I got behind on the bill, but I just got a job and will be able to pay the rest myself. I will always appreciate the fact that I got help when I needed it most and everyone was so nice to me."

When you see our appeal in November, think of Andrea and the others like her, and please be generous.

Helping With Back-to-School Needs



Volunteer Paul Stysley intended to bring his whole family to CEA one Saturday to pack up school supplies. As it turned out, his 8 and 10 year-old daughters had karate that morning, not in the afternoon as he thought.

So Paul came alone and, working with CEA board member Peggy Carr, sorted and boxed up school supplies for later distribution. They made up backpacks to add to the 10 already donated by Catonsville Presbyterian Church. Some have been given to Johnnycake Elementary School, and the rest will go to Catonsville Elementary School, along with additional supplies the schools identified as essential.



Volunteer Paul Stysley pauses while packing school supplies.

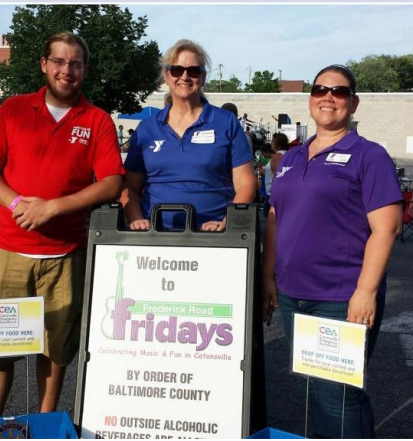
Holiday Toy Shop Set For December 14th

Donations now being accepted

Christmas, kids and toys just go together, and CEA will do its part to make that happen for our clients' children.

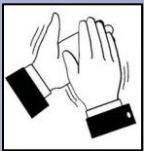
Thanks to the generosity of organizations such as St. Marks, Catonsville United Methodist Church, and the Catonsville branch of the Baltimore County Public Library, we hope to have enough toys to fulfill clients' needs. To make sure, we welcome your donation of new toys, gift cards, and educational games for boys and girls ages 5 to 17.

The new unwrapped toys can be dropped off through December 10 at the CEA office at 25 Bloomsbury Avenue from 9 am to 1 pm Monday through Thursday.



Staff at the Y helped CEA collect food. They are (from left) Adam Colvia, Kirsten Eads and Dawn Chrystal-Wolfe. (See full story below.)

Let's Give a Hand To...



We are very fortunate to have so many helpful community

partners working with us. A big shout out goes to: The Catonsville Branch of the Baltimore County Public Library for planting a garden and providing us with fresh produce through-out the summer; for asking patrons coming to the library book club to bring a food donation; and for dedicating their family film nights as a "Cans Festival" and asking participants to bring a can of food.

We would also like to recognize the Catonsville Branch of the YMCA of Maryland, The Catonsville 4th of July Committee, and the Rotary Club of Catonsville for letting us collect food the nights they were at Frederick Road Fridays, and, of course, to the Chamber of Commerce for their generosity.

Special Thanks

Printed copies of this newsletter were provided through the courtesy of Catonsville Baptist Church, 1004 Frederick Road, Catonsville, MD 21228.

Pablo Guerrero, Logan Coren, Nick Bucher, Colt Miles, and Manvel Miranda assemble shelving.



Rotaract Lends CEA a Hand

Thanks to the members of UMBC's Rotaract Club who helped out on a recent Saturday, CEA has some new storage. Headed by Rotaract Club president Nick Bucher, club members assembled and put in place shelving in the main floor food storage area and kitchen. Members also assisted CEA board member Gene Cashour install a much-needed cupboard in the kitchen.

Rotaract is the college equivalent of Rotary Club International. The UMBC Rotaract Club is sponsored by the Rotary Club of Catonsville. Rotaract organizes service activities, develops leadership and professional skills.



Logan Coren assists CEA board member Gene Cashour to install a cabinet.