



Catonsville Emergency Assistance

July - September 2017

CEA is Open 9am - 1pm
Monday - Thursday



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

URGENT FOOD NEEDS

Canned chili/stew
Canned meat/fish
(other than tuna)

Canned Fruit
(low-sugar preferred)

Peanut Butter
Muffin Mix
Boxed Potatoes
Rice
Cake/Brownie Mix
Pancake Mix
Pancake Syrup
Jelly/Jam

Supplies are very low.
Thank you.

Executive Director's Message



Megan M. Rigos,
Executive Director

I want to focus on the beautiful acts of kindness so often seen at CEA.

Our clients often come in without

money in their pockets or food in their stomachs. One elderly lady who came in last week for help did not even have gas in her car and had to beg for gas money just to get to CEA.

Even so, our clients are known to give a few bucks to someone who needs help. In our waiting room clients sometimes chat with each other. When they find out that someone does not have enough money to catch the bus, they are quick to rummage around in their pockets or purse to find something to give. I have seen a client hand a few dollars to a woman in tears who recently lost her job and didn't know how to make ends meet. It may not be a lot, but our clients are eager to help others who are also in need.

And then there are the volunteers who give their time and money to make CEA run. If it weren't for volunteers, we wouldn't be able to serve half of the people we provide with emergency food supplies, and rent and utility payments. Our volunteers have been known to drive our clients home when they cannot get a ride. They will also have an extra shopping list for CEA when they go to the grocery store.

Support CEA At Frederick Road Fridays on August 4th



CEA will receive the proceeds from beer and wine sales on Friday, August 4 at the Catonsville Chamber of Commerce's popular Frederick Road Fridays free summer concert.

The concerts are held in the parking lot at 15 Mellor Avenue from 6:30 to 8:30 pm.

The band that night is the crowd-pleasing classic rock band Against the Grain. So plan to attend – you'll have fun and help a great cause.

We welcome volunteers before, during and after the event. To volunteer, call 410-747-4357 or send an email to:

volunteer@catonsvillehelp.org with Frederick Road Fridays in the subject line. See you there!

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



For more information see:
[http://smile.amazon.com/
ch/52-1579478](http://smile.amazon.com/ch/52-1579478)

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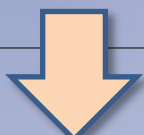
Farewell Megan

The CEA Board of Directors would like to wish Executive Director Megan Rigos the very best of luck in her new endeavor of nursing school and success in the career that will follow.

"It's been a joy to work with her," said Pastor Dave Asendorf, Board President. "In the three years she's been here, she's made so many improvements to our services and our entire operation," he added. "She will definitely be missed."

Vice President Madelaine Fletcher noted that Megan has a wonderful way with clients, volunteers and staff. "You can see her empathy and concern for everyone, especially our clients," she said. "Those are qualities that will serve her well in her nursing career."

All the best Megan. As radio personality Garrison Keillor said, "Be well, do good work, and keep in touch."



Donate to CEA with iGive



iGive is an online store rebate program that allows you to designate CEA as the charity that will earn money when you shop. More than 1700 stores and services are part of the iGive program. Some retailers donate as much as 6% of each purchase and others, anywhere from 0.4 to 4 or 5% with no cost to CEA.

Sign up at www.iGive.com/join. Please tell your friends and family. It's free, and there are no limits or hidden fees. Sign up now and shop for a good cause.

Volunteer Focus: Ed & Anita Cohen

If you're looking for Ed and Anita Cohen on Monday, Tuesday or Thursday, you'll find them where they've been for the past five years -- packing bags and helping out at CEA. "They're always ready to lend a hand," said Megan Rigos, executive director.

Ed recalled their first day. "There had been a very large donation, and food was everywhere," he said, noting that this was before the renovation when space was very tight and there weren't enough shelves. "So we plunged right in and started sorting food," he said.

They moved on to packing food bags with canned and dry goods for clients. The Cohens make enough bags to ensure clients can quickly be helped because there are bags ready and waiting. "When there's a big donation we help weigh and sort food as well," Anita said. "We also rotate the stock on the shelves and pay attention to dates to make sure only current year food items are packed," she added.

In addition to packing food with Anita three days a week, Ed is CEA's webmaster, and as such is also a member of the public relations committee. And, once a month he picks up a client, brings her to CEA and then takes her back home. "She has no car and wouldn't be able to get here otherwise," he said.

The couple, who has lived in Catonsville for 31 years, also volunteers at Emmanuel Lutheran Church. Anita said this summer they'll be working at vacation bible school. They also are wine enthusiasts, and enjoy taking trips to local wineries. They've even brought their volunteering spirit to wine-related events such as the Howard County Wine in the Woods annual festival where they help out.

And in his spare time, Ed is a macro photographer using his camera skills to photograph flowers, which he turns into scriptural greeting cards sent to cheer the sick and comfort the bereaved. The couple enjoys doing good. "It's a nice feeling to know you're helping people," Anita said. She echoes the sentiment of many volunteers about giving back. "I like the feeling of assisting others, particularly those who may struggle between paying the rent and buying food," she said.



Understanding Hunger

In Maryland, one of the wealthiest states in the U.S., one in nine Marylanders is food insecure.

What is food insecurity? It's more than just being hungry. Food Insecurity is the lack of resources to consistently access nutritious food. More than 682,000 people in our state do not have enough to eat, according to the Maryland Food Bank.

The costs of hunger last a lifetime. These costs include obesity, poor academic achievement, multiple health and dental problems, long-term economic losses, low birth weight and mental health issues.

Another shocking fact is that 33% of food-

insecure Marylanders earn too much money to qualify for federal and state assistance. This means food-insecure Marylanders rely on food banks, pantries, and other hunger-relief agencies to help put food on their tables.

In our community, your neighbor, your child's classmate, or even one of your coworkers may be struggling to get enough to eat.

You can make a difference. How? If you volunteer at CEA, or donate food and/or money, you'll be helping your neighbors in need. And you'll be making a difference. Visit our website for a variety of ways to help at catonsvillehelp.org.

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Board News

The CEA board of directors held 2017 elections this past April.

Current officers are: President, Pastor Dave Asendorf; Vice-President, Madelaine Fletcher; Treasurer, Jason Fisher; Secretary, Cathy Monroe.

A big thanks to Bob Greenwalt for serving two years as president, and to Bobby Crawford who served as treasurer.

New board members elected this year are: Laura Fisher, Jerry Hazelwood, Latrice Jackson, Rev. Richard Powell, and Julia Rohde.

It is with many thanks and deep appreciation that the board said farewell to long-serving board members Jane Byers and Bertha Kerzel-Collins.

The Many Ways Catonsville Presbyterian Gives

Catonsville Presbyterian Church (CPC), a long-time supporter of CEA and its predecessor organizations, provided donations and a grant from multiple committees and boards this past year.

The Board of Deacons, which has ongoing, special food drive campaigns called "You Can, Just One Can", donates hundreds of pounds of food monthly, for the holidays and in the summer. It also has contributed backpacks for local underserved children for the past several years.

The Sunday Church School collects peanut butter and jelly in September to re-stock the shelves as children are headed back to school. The Mission Committee donates funds from its Grace Mission Fund interest to support ongoing programs and for special needs items, such as a freezer purchased in 2014. This year, funds allowed CEA to buy a shed (see photo) to store holiday toy shop items. The freed-up space will become a new climate-controlled storage room in the basement for canned food.



We are especially grateful for a recent grant awarded to CEA from CPC's Envision Fund. The Envision Fund was initiated with a generous bequest from member and trustee Robert Riley. The monies are carefully invested and the annual growth of the fund is distributed as seed money to incubate new projects and programs.

CEA received a grant of nearly \$2,500 to purchase educational and promotional materials that will enhance its visibility in the community to help potential clients learn about its services, and to encourage area residents to volunteer and donate to CEA's programs.



Thank You!

A big thank you to The Breadery for choosing CEA to benefit from the April night of their Craft Beer Tasting Series!

Presenting the check to Executive Director Megan Rigos is Breadery owner Mike Lanasa and Tara Coates-Harman, the Breadery's events coordinator. The Breadery is at 418 Oella Ave., Catonsville.

Donation Box Locations

We are very grateful to a dozen area businesses who help CEA by placing our donation boxes in prominent spots at their businesses. Look for boxes when you dine and shop at the following locations:

- 7 - Eleven, 403 Frederick Rd.
- 7 - Eleven, 1313 Francis Ave., Arbutus
- 7 - Eleven, 1611 Edmondson Ave.
- 7 - Eleven, 6350 Frederick Rd.
- Cafe on the Grove, 9 Hickory Lane, Spring Grove
- Catonsville Pharmacy, 6350 Frederick Rd.
- Double TT Diner, 6300 Balt Nat'l Pike
- Objects Found, 11 Egges Lane
- Paradise Cafe, 6429 Frederick Rd.
- Sam's Bagels & More, 730 Frederick Rd.

Executive Director's Message

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But most importantly, our volunteers show up every week and make it possible for us to operate by packing bags of food to give away, picking up food from the food bank, sorting food donations, answering phone calls, scheduling clients to come in, and the numerous other tasks that need to be done for us to serve our Catonsville neighbors.

And finally, the churches, groups, and individuals who donate food and resources to CEA are giving the gift of food, rent, or utilities to someone in crisis.

This past month we had two brothers, around four and six years old, collect food and money at their birthday party to help feed the hungry kids who come to CEA. They dropped off the canned food and presented a jar full of coins and dollar bills saying they hoped that other kids won't have to go hungry.

The generosity at CEA is astounding, and our slogan of "Neighbors Helping Neighbors" could not be more true. I believe in the work we are doing here and know firsthand that it is crucial to the lives of so many in Catonsville.

Therefore, it is with a heavy heart that I say goodbye to CEA and the wonderful staff, volunteers, donors, clients, and board members whom I have been fortunate to serve alongside.

I will be leaving CEA this month to pursue a career in nursing, but you can bet that I will stay involved with CEA just in a different capacity.

I am grateful for these last three and half years as the executive director of CEA, and I look forward to seeing the good work CEA will do in the future!

Seeing More Clients

Thanks to the new way CEA schedules clients, and thanks to a food volunteer program that has recently begun, CEA can see more clients in less time.

The scheduling process is now computerized and clients can more easily schedule their appointments for the following month, if need be, while they are picking up food.

CEA also has a new food volunteer program. Food volunteers are trained to help clients with routine food pick-ups. The first food volunteer, Susan Bloomer, began working about six months ago.

As a food volunteer, she greets clients and helps them select their meat, poultry and other protein as well as dry goods that may be on hand. She pulls the already prepared bags of canned and boxed food and helps the clients to their cars.

When she's not helping clients, Susan pitches in filling bags, weighing food, and helping with other jobs.

On the day she works, twice as many clients can be seen. Clients are happy to be able to get in and out quickly. And Susan is enjoying her first volunteer job with CEA. "The clients are so nice and are very appreciative of the help we give them, so it is a pleasure to do this work," Susan said.

A long-time resident, she and her husband moved to Catonsville 39 years ago

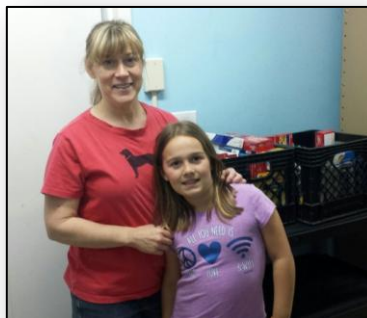


Mandy Zivin, program assistant (left) packing food bags with long-time Catonsville resident and CEA volunteer, Susan Bloomer.

and raised their four children here. Susan works part-time in the office of a nearby furniture store, and wanted to give back to the community in some of her free time. "In the midst of a lot of negativity that seems to be everywhere, this is such a positive and welcoming environment for everyone," she said. "I find it rewarding to be here."

The food volunteer program is seeking additional volunteers. If you are interested, go to <http://catonsvillehelp.org/volunteer-registration/> and please fill in the volunteer form on the CEA website.

Helping Hands



Meghan (left) and Lily Maloney pause for a break from packing and organizing food on a recent Saturday.

The Catonsville residents have been volunteering for about a year-and-half. Meghan says her daughter Lily really looks forward to coming to CEA, and has become very engaged with the work. "It's a good activity for us to do together," Meghan said. Lily is a student at Westchester Elementary School in Catonsville.