

July - September 2018

Check us out
on Facebook!



CEA is open 9am - 1pm
Monday - Thursday

**Mark Your
Calendars for
September 9th**

CEA will have a booth at the annual Catonsville Arts & Crafts Festival on September 9th. The Festival, now in its 45th year, will be in the 700-900 blocks of Frederick Road from 10:00 am to 5:00 pm. You'll find many craft vendors showcasing unique paintings, pottery, photography, jewelry, fabric creations, and more, as well as food, music, and children's activities.



Volunteers Madelaine Fletcher and Ed Hostetter in the CEA booth at last year's Arts and Crafts Festival.



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

From the Director's Shelf

Hunger Knows No Season

As we initiate our HUNGER KNOWS NO SEASON campaign, let me share with you two astounding facts from the U.S. Department of Agriculture's (USDA) Economic Research Service: 130 BILLION pounds of food are wasted each year in the U.S. by consumers and retailers and 30 - 40 percent of the food supply goes UNEATEN! So, I have to ask, is that partly why it is so difficult to fill our pantry? Would changing just a few habits help to reduce significant waste and make our awareness to hunger more of a priority?

We will begin our Hunger Knows No Season Campaign on Wednesday, July 25. We're calling it **Christmas in July** and we encourage you to participate with us. Whether it is winter, spring, summer or fall, hunger continues year round and it certainly doesn't take a vacation!

Come by our house at 25 Bloomsbury Avenue and stop in for our Open House with hot chocolate (OK, lemonade!) on Saturday, July 28. You can drop off your donations and take a tour of our facility! If you're on vacation, donating online is easy, or you can mail in your financial donation. **Christmas in July** will run through July 31. See page 2 for more information.

New Nutrition Component for Clients

In July we are incorporating a nutrition component for our clients when they receive their monthly food bags. We are using the USDA's Choose My Plate resources for our monthly clients. My Plate, My Wins helps to build healthy eating habits in a way that can be maintained for life. These resources are available in English and Spanish.

We also plan to have visual aids posted in the office for reference and education. In August,

the handout will provide information on how to become a more active family including 10 tips to benefit everyone in the household.

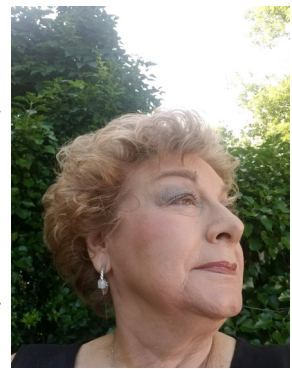
In September, there will be information about stretching your food dollars. And new this fall, we will provide a nutritious recipe and ingredient bag for clients. Our community— donors, organizations, churches, and businesses — are the backbone of Catonsville Emergency Assistance. Daily donations are necessary to provide for our clients, and the number of clients we serve continues to grow.

Our partnership with The Maryland Food Bank continues to be the catalyst that helps to make us successful month after month. We would not be able to provide support to each and every client without their assistance.

I can never conclude an article without saying THANK YOU to all of the VOLUNTEERS who come day in and day out, with smiles on their faces, a spring in their steps, and hands that are always ready to help! I look forward to coming in to serve our clients each day because of them!

To be healthier, we must eat healthier! In order to do both, we need to provide the food to do just that. Remember HUNGER NEVER TAKES A VACATION!

Looking forward to seeing you at our house!



*CEA Executive Director
Bonnie J. Harry*

Regards,
Bonnie J.

Kudos to the Giving Circle

A big thanks to the Catonsville Women's Giving Circle (CWGC), which collected more than 200 pounds of food for CEA at its Annual Garden Party on June 10th. Despite the rain, party goers enjoyed music, food, and wine at the home of Monica Simonsen, one of CWGC's members. CEA was the recipient of a grant from the CWGC in 2018.



Shown from left are Monica Simonsen, Holly Dawsey, and Clare Rudman. Holly and Clare are the Giving Circle's co-conveners for 2018/2019.

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



To start giving to CEA when you shop, go to <https://smile.amazon.com> and request that Catonsville Emergency Assistance be the recipient of Amazon's donation.



CHRISTMAS IN JULY FOOD & FUNDS DRIVE JULY 25 - 31



CEA needs your help to stock the shelves this summer!

Join us to kick off the food drive with a tree lighting at our office at 25 Bloomsbury Ave. on Wednesday, July 25 at 7:00 pm

Individuals, businesses, and organizations are encouraged to donate food or organize a group food drive. CEA is also encouraging financial donations, which can easily be made online at www.catonsvillehelp.org.

As a small gesture of appreciation, we are hosting an **Open House on Saturday, July 28 from 9:00 am to 3:00 pm**. Food donations can be dropped off and the community is encouraged to tour the facility and enjoy seasonal refreshments!



Meet Miranda, One of Our Clients

Miranda* is an independent woman not used to asking for help. But fighting cancer after a 20-year remission has cost her all the savings she had accumulated. "This disease is a game-changer and treating this has become like a full-time job," she said.

Battling cancer is not only a health burden, but a financial one as well, Miranda said. Between co-pays, high insurance costs (she has a nearly \$7,000 deductible), medicines, vitamins, and every day expenses, she was running very low on funds. Plus she can no longer work full-time. So she turned to CEA.

"I found CEA on the American Cancer Society website under community resources," she said. "What a blessing that people in Catonsville have this place to fill a gap," she said. Miranda has received help with her BGE bill as well as with food assistance.

Most of Miranda's time is spent going to doctors, getting treatments, and dealing with other medical-related appointments.

"The treatments are exhausting and I need to sleep at least 10 to 11 hours a day," she said. "I have two small part-time jobs, but that income doesn't cover expenses," she added.

As with all clients, Miranda can receive food assistance once a month for as long as it is needed. Clients receive boxed and canned goods, a choice of protein, such as chicken and meat, and a choice of any breads, baked goods, and fresh produce available the day of the visit. She is emphatic about hoping to be a "short-term client," because she is not used to being on the "asking side" of things.

Even though asking for help is new to her, Miranda emphasized how well she was treated the first time she came to CEA. "No one judged me and there is no stigma to being there," Miranda said. "It is humbling to ask for help, but sometimes you have to let go of your ego and your pride," she said.

** Name has been changed to protect privacy*

Veggies from the Garden

What we eat affects our health and well-being. Fresh vegetables are basic to good health. Thanks to the gardens of the Baltimore County Public Library Catonsville Branch, Shaw Brothers, The Catonsville Co-op and The Great Kids Farm, our clients are able to enjoy just-picked fresh vegetables this growing season. In fact, each year for the past several years, the library has planted a garden just for CEA. You are cordially invited to share the excess bounty from your garden with CEA clients.



Megan Crews, Librarian, ties up peas growing in a large pot at entrance to the Catonsville Branch of the Baltimore County Public Library.

One day in June the Catonsville library staff dropped off fresh picked peas and a client was present who had never had fresh peas. She sampled some right on the spot and we were happy we could provide this new and delicious experience for her.



Volunteer Spotlight: Jim Ritter and Dave Trump

When clients walk into CEA and see a table filled with bread and baked goods, it's thanks to the generous efforts of two local gentlemen, Jim Ritter and Dave Trump. Each one delivers their goods to CEA on different days so there's almost always some bread, rolls, or bakery goods on the table for clients.

Jim Ritter's involvement with these excess baked goods came about because one of his Ellicott City neighbors had been collecting and distributing products culled from local grocery stores. His garage had become a kind of depot for excess items. Jim and some other retirees, part of a group from the Catholic Community at Relay, started coming and picking up the bread. The "bread guys," as they've dubbed themselves, deliver these baked goods to various charities.

Among them they go to Our Daily Bread, Southwest Emergency Services, My Brother's Keeper, and the Westside Men's Shelter (they get the bagels).



CEA Volunteer Jim Ritter

"I was driving by CEA and stopped to see if they could use bread and baked goods and they said yes," he said.

"There's so much food thrown away, that it feels good to be able to rescue some of it and get it to people who need it," Jim said.



CEA Volunteer Dave Trump

Dave Trump, a Catonsville resident, found out about a wonderful source for leftover bread from a tenant in a house he rents out. Since then, he has been able to supply CEA, Grace AME Church's food pantry, and the Westside Men's Shelter with bread and rolls. CEA receives 60 to 70 pounds a week from Dave's efforts.

"If I don't pick it up, it will be thrown away," he said, adding, "and most of it is perfectly good." He generally makes a bread pick up once a week from a surplus container owned by a bread company and then makes his rounds. Some weeks, if there isn't much in the container, he'll go back two or three times. Dave inspects each item for the sell-by date and to make sure it is edible. He explained that because most of the bread is organic and has no preservatives it can become moldy more quickly than bread with preservatives.

When the container is full it means he has six or seven large plastic bags to fill. Dave's solution? "I've got a friend who helps me by holding the bags as I put the bread in," he said. "She's my bag holder," he said jokingly.

Clients' faces often light up when they see the loaves of bread and packages of rolls, and they delight in going home with a treat like donuts or a pie. Thanks guys.

To our wonderful donors:
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date!



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What's Been Going On

The month of June was bustling with activity. CEA continues to partner with the Maryland Food Bank and we distributed many types of boxed meals as well as food that we had purchased. We also received a donation of freezer bags for our clients. For those who take home frozen products by bus, these bags have been a tremendous help.

Community growers including Shaw Brothers Farm, The Great Kids Farm, The Spring Grove Community Garden, the Catonsville Co-op, the Baltimore County Library Catonsville Branch, and The Market on the Square have begun to provide summer produce for our clients.

Our client services continue to grow each month. Thanks to the community and businesses we are able to provide for our existing as well as new clients. Coldwell Banker held a food drive competition among their area locations and they donated hundreds of pounds of food. How about the ladies who incorporate nutrition for others while getting in shape themselves? Thanks to B'more Fitness on Baltimore National Pike which held a food drive with their clients.

A big thanks to the churches that deliver to CEA on a weekly basis. The support from Catonsville churches is crucial to meeting our monthly food pantry needs. The food just doesn't hop in the bags, or get loaded in the transport vehicles on its own. A very dedicated group of volunteers – often many of the same folks week after week – load and unload the heavy bags of food.



Board members volunteered to help with the booth at the Breadery, which gave the beer tent proceeds from that evening to CEA. From left are Latrice Jackson, Julia Rohde, Laura Fisher, and Jason Fisher sharing a laugh with Bob Fletcher of Catonsville.



CEA volunteers Mary Kay Willing (left) and Cathy Monroe talk with Cathy's son Terrence at the CEA booth.

On June 8, CEA had a charity opportunity at the Chamber of Commerce's Frederick Road Fridays concert. There were 32 volunteers, and we send a big thank you to all who supported that event. Our coffers were richer for it.

Our event at The Breadery for their Craft Beer & Wine Series sponsored by BricknFire Pizza Company- Mobile and The Breadery on June 29, was also a success with great volunteer and community support!