



# alphabet soup

## NEWSLETTER

fall 2017

[www.cskmorristown.org](http://www.cskmorristown.org)

## TERRY'S TWENTY YEARS

caring, connecting, changing lives

When Terry Connolly first walked into the Community Soup Kitchen (CSK) 20 years ago, she knew in an instant she was someplace special.

"The dining room was bright and beautiful with flowers on the table," she says. "I felt the respect, the sense of community. I knew this had to be a part of my life."

Fresh from Rutgers with a master's in social work, Terry volunteered on the serving line. Soon after, when the executive director resigned, she took over as interim, working alongside Miss Betty Jones in the kitchen. Eight months later, Terry was named executive director.

"Terry was young and enthusiastic and impressed us all," says Nancy Bailin, long-time CSK board member and past-president. "She was clever enough to figure it all out. We needed to grow. She expanded our social services and gained the support of the community. Our mandate changed from just feeding to nourishing the soul, body and spirit."

That transformation happened as the CSK adapted to changing community needs. When a local drop-in center closed, the CSK offered breakfast two days a week and eventually expanded to seven. The creation of the Resource Center (now Outreach Center) provided guests with social services support between meals. When the Board of Health no longer allowed homemade casseroles cooked by volunteers, the Kitchen to Kitchen program began. With the influx of families during the 2008 Recession, the Outreach Center expanded to address this new population. And the recent up-tick of working-poor families led to the creation of three Free Farmer's Markets that provide fresh produce and nutritious take-home food. Through it all, the steadfast support from donors and volunteers enabled the CSK to transform, again and again.

"From the start, Terry involved the community so we could survive and thrive, try new things and make it work," says Miss Betty. "She shared her dream and encouraged others to help her dream grow."

It's the support around her that Terry credits for making her two-decade tenure possible. "Our board always empowered us to do what's best for our guests," she says. "Our member congregations – our backbone – kept us true to our mission. The generosity of donors, both private and corporate, gave us the flexibility to react quickly. We have a great team, through our dedicated volunteers and our committed staff. Everyone is all-in."

And of course, the guests: "They impress and astound me. No matter how bad my day, I go home and know that we fed 200 people who wouldn't have eaten. I still get that feeling when I walk into our dining room. This is where I need to be."



Terry Connolly (center) with the late Milton Thompson and Miss Betty Jones

# KUDOS FOR CREATIVE FUNDRAISERS

## ducky regatta



keystone property group

## calendar raffle

COVANTA Powering Today, Protecting Tomorrow			
<b>Tuesday</b> \$50 Gift Certificate - Donated by: Rick's Country Deli Braun On-@ Gemist Donated by: Delta Dental 4 Large Sals (Value \$22) Donated by: Longshore's Deli \$50 Gift Card Donated by: End of Elm Basket of Office Supplies Donated by: Staples \$50 Gift Card Donated by: End of Elm Galaxy Meters (ungassed) Donated by: Eyekid	<b>Wednesday</b> Catered Picnic Lunch for 10 Donated by: Darcior Food Service Overnight Stay & Breakfast for Two Donated by: Best Western Morristown Inn Donor for Two Donated by: J&K Steakhouse Round-Trip Car Service Donated by: Flyin' Time Worldwide Transportation	<b>Thursday</b> \$100 Visa Gift Card Donated by: R. Keller Construction Two Day Car Rental Donated by: National Car Rental \$100 Gift Certificate Donated by: The Wine Cellar of Morristown Executive Sandwich Menu for 10 Guests Donated by: Encore Catering	<b>Friday</b> Dinner for two Donated by: The Green Cafe Overnight Stay, Dinner & B for Two - Donated by: Hyatt Morristown \$200 Gift Certificate for a Restaurant - Donated: Sheraton Management Hotel \$100 Ticket Master Gift Donated by: FASTENAL
3	4	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31			

covanta

## coins for a cause



morris school district

## GUEST SPOTLIGHT

### kevin

Kevin faced a tough dilemma. The only apartment he could afford with his limited veteran benefits was too far from his AA meetings and his network. Yet, bouncing between shelters and the streets for 25 years had harmed his health. He suffers from depression, diabetes and neuropathy.

“Kevin is dedicated to staying clean – he made a difficult choice in pursuit of his sobriety – but it’s hard to check your blood sugar while living in the park,” says Tara Ryan, Outreach Center director of programs and services. Finally, Tara and her staff convinced him to seek a state housing voucher. Then they helped him secure documents, such as his birth certificate and driver’s license, so he could apply.

When Kevin received the life-time voucher, Tara and her team scrambled to find housing in Morris County. Thankfully, they found a nearby complex that gives priority to veterans, just before the two-week deadline. An anonymous donor generously provided the security deposit and the first- and last-month’s rent.

Recently, Kevin moved into his new home. Next, he plans to apply for a job at a hardware store that favors hiring veterans. Kevin still visits our Free Farmer’s Markets and monthly groups for Reiki, meditation and memoir writing. He’s quick to praise the place where he came 25 years ago, at first solely for food.

“God works through the hands of the Community Soup Kitchen,” he says.  
 “You guys are miracle workers.”

## SPONSOR the day

Thank you to our recent teams:

- Bank of America
- BASF
- Bayer
- Bloomberg
- Colas Inc.
- Covanta
- Dun & Bradstreet
- Ferring Pharmaceuticals
- The Garibaldi Group
- Grunenthal
- MetLife
- Morgan Stanley
- Morris County Chamber of Commerce
- Morristown Medical Center
- Northwestern Mutual
- Novartis
- Peapack-Gladstone Bank
- Pfizer
- RBC Wealth Management
- TD Bank
- Travelers
- Trillion Creative
- UBS Financial Services

### Crum & Forster



For more info about our *Sponsor the Day* program, please contact Nancy Rudgers, director of development, at [nancy@ckmorrystown.org](mailto:nancy@ckmorrystown.org).

## GROWING HEALTHY KIDS DAY



What better way to teach children about healthy eating than a veggie dance party!

More than 80 summer camp kids jammed and boogied with a twirling carrot and a prancing peapod at the 5th annual Growing Healthy Kids Day, hosted by the Community Soup Kitchen & Outreach Center.

The “Letter B” headlined the morning, with food tastings featuring blueberries, broccoli and green beans. The jam-packed event gave children of local working families a fun way to learn about nutritious eating and healthy lifestyle habits. The Riverdale Walmart provided take-away goodie bags filled with school supplies, and the generosity of the Walmart Foundation made the day possible.

This summer, the CSK provided more than 100 lunches five days a week for these campers and served 125 dinners to their families every other week. Last year alone, the CSK distributed more than 3,375 meals and healthy snacks to kids who qualify for free or reduced lunches during the school year.



## FAMILIES FEEDING FAMILIES



It’s an hour before the Wednesday Free Farmer’s Market, and the volunteer group, comprised mostly of families, is already hustling. At one table, a husband and wife team arranges sliced pineapple and melon between the raspberries and strawberries. Nearby, a grandma unloads milk as her granddaughter helps with the yogurt. By the windows, a mom arranges bins of zucchini, bananas and peaches while her son hefts crates filled with meat. Across the room, a dad moves the onions and potatoes, and his son darts back to the van to grab the plantains.

Meanwhile, the line forms: moms with babies, toddlers and young children, all ready to collect the fresh bounty to take home. “I look around this market, and it’s all families – that’s what makes this day so special,” says Ron Boyum, our kitchen coordinator. This Wednesday market, held at St. Peter’s Church, caters to 60 families by offering nutritious fruits, vegetables, dairy produce, baked goods and meat rescued from Whole Foods Market, Trader Joe’s and Stop & Shop and also purchased by the CSK.

“Let’s get started!” calls Vivian De Los Santos, our outreach worker. The line winds along as kids dash for the snack table. “Pretzels!” shrieks one girl. “Yes!” cries a boy. He munches on a cookie and fist-bumps Manny Diaz, another outreach worker.

Back on the serving line, a teen stands next to his dad and places green peppers into a guest’s bag as her small daughter plays peek-a-boo. “Thank you so much,” says the smiling mom, before moving onto the cucumbers, corn and beets.

As the crowd winds down, Mary Gannon spots a guest loaded down with bags. She waves over Gabe Perez, 15. “Can you please help this lady?” she asks. Gabe fills a wagon with packages and pulls it outside. For Mary, this market is a chance to bond with her 15-year-old granddaughter, Sarah, and make a difference. “It’s a privilege to help,” she says. “There aren’t many places where you can do direct service.”

Then Gabe’s mom, Isabel, helps the last guest gather her bags. This market is how her family gives back. “It’s our tradition,” she says. “We make the guests feel welcome, one family to another. They’re incredibly grateful and share blessings with me.”

Soon the bustling ceases. The room clears. As the lights are switched off, a chorus rings out: “See you next week!”



36 South Street  
Morristown, NJ 07960

Return Service Requested

Non-Profit Organization  
U.S. Postage  
PAID  
Permit No. 12  
West Caldwell, NJ

*The mission of the Community Soup Kitchen & Outreach Center is to provide nutritious meals in a warm, safe and caring environment, free of charge, no questions asked, to anyone who comes seeking nourishment. As part of our hospitality, we also encourage and assist our guests in accessing community resources, services and educational programs.*

## CURRENT NEEDS

New white t-shirts (size L & XL)  
New white socks  
Shampoo  
Soap  
Deodorant

*Donations can be dropped off at the Soup Kitchen M-F from 9-11 a.m. or 1-3 p.m.*



**Thank you  
for your help.**

PLEASE JOIN US  
FOR OUR  
**hunger walk**

**OCTOBER 15, 2017**

**1 p.m.**

The Hunger Walk  
benefits the  
Community Soup Kitchen &  
Outreach Center.  
Please see enclosed brochure.