

**MAYOR'S PRAYER  
BREAKFAST TO  
BENEFIT INTERFAITH**

Quincy's Mayor Thomas P. Koch is organizing the second annual Mayor's Prayer Breakfast for Wednesday

November 16, 2011.

Proceeds from the event will benefit the programs of Interfaith Social Services.

The theme of this year's breakfast is *Quincy Gives Thanks*. Religious Leaders from various houses of worship will present musical numbers and prayers in a spirit of thanksgiving and humility on behalf of the city.

"We are blessed here in Quincy with a vibrant faith community," said Mayor Koch. "Although we come from different faith traditions, we share a spirit of charity and love for this great City. As you may know, Interfaith Social Services aids local families in need with food, clothing and general assistance. Your participation will assist their efforts. Please join us as we come together as a community to help our neighbors."

The breakfast will be held at Tirrell Room in Quincy. Tickets are \$35 each, or \$300 for a table of ten. To purchase tickets, contact Interfaith at 617-773-6203 or visit [www. InterfaithSocialServices.org](http://www.InterfaithSocialServices.org).



# Arbella insures our shelves are not bare



From left, John Perlowski of Arbella, Bettyanne Lang of Interfaith Social Services, Rick Doane of Interfaith Social Services, Beverly Tangvik of Arbella and Elizabeth Kim of Arbella.

**O**N JUNE 30, 2011 employees of Arbella Insurance Group's Claims Department donated two tons — that's an astonishing 4,000 lbs! — of food to Interfaith Social Services' Pantry Shelf.

The donation took place at the Arbella company picnic at Houghton's Pond in Milton, Massachusetts, where Interfaith staff joined them for their picnic. "This donation came in right as our pantry was facing a critical need. In June of this year, we served almost as many clients as we normally do during our busiest month of December. Before this donation, our shelves were literally bare," said Bettyanne Lang, Interfaith's Food Pantry Manager. Arbella is also serving as the Presenting Sponsor of Interfaith's annual Feed the Hungry Gala for the fifth consecutive year. See page 3 for more information on the Gala.

## INTERFAITH SOCIAL SERVICES

A 501(C)(3) NOT-FOR-PROFIT ORGANIZATION

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**Mission:** Interfaith Social Services is a multiservice center for families and individuals in need. Since 1947 Interfaith has endeavored to strengthen family life and offer assistance to South Shore residents by feeding, clothing and comforting our impoverished neighbors.

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**Shirley Dunlap**, *First Vice President*

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**Karen Van Alfen**

### STAFF

**Rick Doane**, *Executive Director*

**Bettyanne Lang**, *Manager of Material Assistance*

**Beverly Farrell**, *Business and Operations Manager*

**Claire Hagan**, *New Directions Counseling Coordinator*

**Sue Whitehead**, *Manager of Financial Assistance*

**Paula Daniels**, *Volunteer Coordinator and Development Associate*



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## ▶ MESSAGE FROM RICK DOANE, EXECUTIVE DIRECTOR

ON THE EVENING OF DECEMBER 23, 2010, I was the last person left in the office. The staff and volunteers had all gone home to begin a long holiday weekend with their families. I had just shut down my computer and was about to head home myself when the phone rang.



The voice which greeted me sounded absolutely relieved that someone had even picked up the phone. “I was supposed to pick up some toys that one of your sponsor families bought for my kids,” she said. “I didn’t get the message until now. Can I come down and get them?” The woman was a food pantry client. Each year Interfaith Social Services matches struggling pantry clients with families, businesses and houses of worship in the community who adopt the families for the holidays. I checked the spreadsheet we were using to track the clients and my heart dropped “I’m sorry, but we’ve already given out all of our Christmas presents.”

“Please, could you check again” she responded, sounding desperate. I went down to the area where we had been storing the presents, hoping that there had been some sort of mix-up, hoping that we could do something to help. Indeed, there was one group of presents left. When I looked at the label I was overjoyed to see her family’s name. Then I looked at the address — the family lived right around the corner from my house. They didn’t live in some other town or in an inner city somewhere, these people were literally my neighbors in need.

I rushed back to the phone and told her that we did have the presents for her children. She was so relieved. Since she lived in my neighborhood I offered to drop the presents off at her house. “Thank you, thank you,” she replied “I wouldn’t have had anything to give my children on Christmas morning if it weren’t for you.”

The emotion of being able to help that client and her family is just as strong for me today as it was almost a year ago. However, I am simply the middle man. I didn’t buy her kids’ Christmas presents, a charitable sponsor did. Gracious donors allow Interfaith Social Services to continue helping impoverished families and individuals 64 years since we were founded. All around us people struggle to make ends meet. Last year Interfaith’s food pantry fed over 17,000 South Shore residents; 5,957 of those were children. Interfaith’s HomeSafe program serves families who find themselves at risk for homelessness due to financial hardship. Last year we helped 247 households avoid homelessness — 556 individuals, 236 of which were children.

Those who are struggling to provide for their families are living on the edge. They have to maintain a very tight budget; a budget that doesn’t always have room for things like Easter Baskets, new school supplies, thanksgiving dinners or Christmas presents for their children.

Thank you to everyone who donates, volunteers, or contributes in some way to Interfaith. You are the sustaining force that makes it possible, each year, for Interfaith to serve thousands of families just like this woman and her children. On behalf of Interfaith’s clients, staff, board of directors and volunteers: thank you, and have a wonderful holiday season.

# Arbella Insurance donates \$10,000 to 14th Annual Feed the Hungry Gala

**A**RBELLA INSURANCE RECENTLY CONTRIBUTED \$10,000 to Interfaith Social Services' Feed the Hungry Gala. "This marks the fifth consecutive year that Arbella has come on as a Presenting Sponsor for Feed the Hungry," said Beverly Tangvik, Arbella's Assistant Vice President and Director of Charitable Giving.

"Arbella is a local company that embraces the opportunity to support the people and communities where we do business. We're happy to be involved with such a wonderful event and worthy cause."

This year's event will take place at Vincent's Nightclub at Lombardo's in Randolph on Wednesday, November 30, and features fine wine and delectable dessert tastings from distinguished South Shore establishments, as well as hearty hors d'oeuvres from Lombardo's reputable chef. The evening will also feature interactive raffles as well as live and silent auctions.

All proceeds will benefit Interfaith Social Services, to help feed, clothe and support disadvantaged families and individuals throughout the South Shore. Last year, Interfaith's programs helped more than 25,000 local residents and distributed more than 400,000 pounds of food to hungry families and individuals.

To purchase tickets to Feed the Hungry, to donate, or for more information, visit [www.interfaithsocialservices.org](http://www.interfaithsocialservices.org) or call 617-773-6203.



Rick Doane accepts a generous donation of \$10,000 from Beverly Tangvik of Arbella Insurance Group Charitable Foundation, Inc.



## Blue Cross Blue Shield remodels Interfaith's Food Pantry



**O**N SEPTEMBER 21, 2011, MORE THAN 3,000 Blue Cross Blue Shield Massachusetts employees pitched in to help at 30 organizations across Massachusetts, in the first ever All-Company Service Day. Interfaith was blessed to be one of the recipients of that service.

More than 80 volunteers remodeled the food pantry, harvested vegetables in the food pantry garden, inventoried holiday toys and painted the food pantry waiting room, reception area and offices. "We planned and prepared for months," said Interfaith's executive director Rick Doane. "But nothing could have prepared me for the sight of two busloads of people filing through our front doors. It was incredible what they were able to accomplish in one day."

Speaking of the service day, Blue Cross Blue Shield spokeswoman Jenna McPhee said: "What we really wanted to do is not only mark a tradition for Blue Cross, but have a sustainable and positive impact on the organizations we support on an annual basis. We're trying to do as much as we could in one day." Blue Cross certainly made their mark on Interfaith, Rick said. "Our staff, volunteers and clients will reap the rewards of this service day for years to come."

## ABOUT OUR PROGRAMS

Support for Interfaith Social Services' programs comes from several sources including caring individuals, faith communities, organizations, businesses, foundations, and program fees. Additional funding is provided through a number of special events held throughout the year. Programs include:

**Pantry Shelf:** Distributes bags of groceries to needy families and individuals.

**New Directions Counseling Center:** Structured around a sliding fee scale, ensuring that anyone who needs help can get it, regardless of income.

**HomeSafe:** A homelessness prevention and emergency assistance program.

**Career Closet:** Supplies free professional attire to low income job seekers.

**Bureau Drawer Thrift Shop:** Offers low cost clothing and household goods to the community.

**Quincy Medical Center Interfaith Chaplaincy:** Delivers comfort to hospital patients and grieving families.

**Learning Pantry:** Educates food pantry clients about vital life skills such as financial literacy, nutrition, etc.

**Harvest Helpers:** Organizes backyard gardeners and community groups who donate fresh local produce to food pantries.

## GIVE TIME, GAIN A FRIEND

Volunteers are always needed to operate the programs of Interfaith Social Services. Most opportunities are available between 9 a.m. to 4 p.m. If you are interested in volunteering, please contact Paula Daniels at 617-773-6203 ext. 28, or via email to [pdaniels@interfaithsocialservices.org](mailto:pdaniels@interfaithsocialservices.org)

# New Directions to offer service for the visually impaired

**H**OW WOULD YOU COPE with the diagnosis that you are going blind? What kind of support might your loved ones need? Interfaith Social Services' new loss of vision counseling is a resource for those facing this life-changing situation.

This program combines individual counseling and small professionally-facilitated discussion groups to help individuals cope with this challenging situation. Since 1947, Interfaith's New Directions Counseling Center has been serving Greater Boston residents who are dealing with a myriad of life issues. The counseling center is a resource for the thousands of South Shore residents without health insurance, or those who lack adequate coverage. Counselors always need to compassionately assist their clients — but the counselor who will facilitate the new program, Kerry MacDonald, is especially prepared to help her patients because she herself is blind.

Kerry lives with her family in Weymouth. In addition to completing her education as a licensed social worker, she and her husband are raising two young children. She has experience facilitating groups for individuals coping with vision loss, as well as experience counseling individual clients.

**The counselor who will facilitate the new loss of vision program is especially prepared to help her patients because she herself is blind.**

Claire Hagan, Interfaith Social Services' Counseling Coordinator, commented about Kerry, "She truly understands the experience of a blind person learning to function in a sighted world."

New Directions was one of the first programs created when Interfaith Social Services was founded in 1947.

A special program within New Directions provides mental health counseling to low-income people without health insurance, or those who lack adequate coverage. The caseload of Interfaith's New Directions Counseling Center is growing, partly as a result of our troubled economy. Claire noted, "More families are slipping into low-income status, seeking counseling, and relying increasingly on our sliding fee scale. In the past two years we have had to set up three additional counseling offices to handle the demand for our services."

The services of the New Directions Counseling Center are not limited to the impoverished and those in need. In addition to its income-based sliding fee-payment scale, the center accepts various forms of health insurance. "Many of our clients have health insurance" said Claire. "Many others are struggling to make ends meet... we are here to help them work through their problems regardless if they have insurance or not."

Hagan went on to emphasize the importance of New Directions' loss of vision counseling. "We know that our counselor Kerry will be able to help a lot of people as they cope with the life-altering effects of blindness in their own lives, and the lives of their loved ones."

*For more information or to schedule an appointment with one of New Direction's counselors call 617-773-6203 or email [chagan@interfaithsocialservices.org](mailto:chagan@interfaithsocialservices.org)*

# Harvest Helpers continues to grow

**E**ACH SUMMER AND FALL, GARDENERS ALL AROUND THE SOUTH SHORE ask themselves the same question: “What am I going to do with all of these extra tomatoes, squash and cucumbers?”

Now a partnership between Interfaith Social Services and Keohane Funeral Home has the answer. In its second year, the Harvest Helpers program encourages everyone to plant an extra row for the hungry and donate it to Interfaith’s food pantry. For the past two years, the staff of Keohane Funeral & Cremation Service have planted and tended a “backyard” garden at their Quincy location to grow vegetables and herbs, which are distributed to the Interfaith Food Pantry in Quincy. Rick Doane, executive director of Interfaith, commented, “The high cost of fruits and vegetables makes it difficult for us to give our clients the fresh produce that they want and need. Many of those served are families with young children; they desperately need healthy and nutritious food. We rely on support from the community to meet these needs.”

Interfaith Social Services calls the Harvest Helpers program “...a sustainable community-based endeavor that uses locally-grown food to alleviate the hunger that exists within our community.” For the past two years Interfaith has planted a garden in an alleyway at their office in Quincy Center, to show that healthy food can be grown virtually anywhere. For his Boy Scout Eagle project, Jack Ashley of Hull built raised planting beds in the garden so that elderly and less mobile volunteers could plant and cultivate produce for those in need.



*This summer’s garden grew tomatoes, green beans, broccoli, squash and carrots.*

## ► RICK DOANE HONORED AT 40 UNDER 40 AWARDS

**I**NTERFAITH SOCIAL SERVICES’ EXECUTIVE DIRECTOR RICK DOANE was honored at this year’s South Shore Stars 40 Under 40 Awards event on September 16. Winners are leaders who demonstrate excellence in their business and community involvement. “It’s part of promoting the quality of life in this region,” said Gwen Tarbox, director of program resource development at South Shore Stars. Nominees must be younger than 40 and must live or work on the South Shore, and the winner is chosen based on professional accomplishments, community involvement and demonstrated or potential leadership.

Rick has been the Executive Director of Interfaith since 2009. He has worked to increase awareness about poverty on the South Shore, and has fostered relationships between Interfaith and community and corporate partners.

“The only way that we can hope to truly help our communities is by working together in partnerships,” said Rick. “That includes individuals, corporations and non-profit

organizations. In these times of economic uncertainty and increased poverty we have the opportunity to strengthen our resolve, find our humanity and work together to help those around us who are suffering.”

Rick was born and raised on the South Shore. His family has resided in Massachusetts since 1623. He is a graduate of the South Shore Charter Public School in Norwell and he completed his undergraduate work at Brigham Young University. Rick received a Masters Degree in Public Administration from Suffolk University, Boston. He is an Eagle Scout and a strong supporter of the Boy Scouts of America. From 1999 to 2001, he served as a missionary for The Church of Jesus Christ of Latter-day Saints in Brazil. For more than five years he oversaw the Allocations and Operations for Massachusetts’s Project Bread — The Walk for Hunger. Rick is a member of the Quincy Lions Club and currently serves as a volunteer for his church’s youth ministry in the southeastern region of Massachusetts.

## HELP STOCK OUR PANTRY SHELF

Please remember The Pantry Shelf when you shop. Call Bettyanne Lang at 617-773-6203 or email [balang@InterfaithSocialServices.org](mailto:balang@InterfaithSocialServices.org) for information about holding a food drive in your workplace, faith community, school, or neighborhood. Here is a list of items that are always needed:

Fresh produce	Rice
Tuna fish	Pancake mix
Canned meat	Instant meals
Canned vegetables	Soup
Cereal	Peanut butter
Shelfstable milk	Jelly
Canned beans	Coffee/tea
Canned fruit	Healthy snacks
Pasta	Personal care products
Pasta sauce	Diapers
	Baby food

## BUREAU DRAWER THRIFT SHOP WISH LIST

- | Knickknacks and curiosities
- | Clean clothing in current styles and all sizes for men and women
- | Books (please, no encyclopedias)
- | Small working appliances
- | Greeting cards
- | Jewelry
- | Shoes and handbags
- | Household items
- | Toys (no stuffed animals)
- ... and volunteers who want to join in the fun.

Shop the Bureau Drawer for great buys, Monday through Friday, 12:30 to 3:30 p.m., and Tuesdays until 7 p.m.



John Martland awaits his turn in the tank, and volunteers sample the cookout offerings.

## ▶ VOLUNTEER APPRECIATION COOKOUT

ON AUGUST 10, INTERFAITH SOCIAL SERVICES HOSTED THEIR THIRD ANNUAL volunteer appreciation cookout. Each year over 500 people volunteer at Interfaith Social Services. Volunteers are the heart and soul of the organization. Over 90 dedicated individuals fulfill weekly assignments to staff programs, perform clerical duties, serve on committees, provide front desk support, take care of building repairs, and fulfill a range of responsibilities within every aspect of the organization. Interfaith's front desk and Bureau Drawer Thrift Shop are run by volunteers. Last year Pantry Shelf volunteers distributed over 28,000 bags of groceries to hungry South Shore residents!

The annual cookout gives everyone an opportunity to relax, get to know each other and have a good time. This year Rick Doane and John Martland, Interfaith's executive director and board president, took turns in the Dunk the Director dunking booth. "As the President of the Board of Directors and one of Interfaith's volunteers, I'm grateful for the camaraderie that exists among everyone in the organization," said John. "We have an incredible team of people invested in helping those in need. Working with them makes volunteering even more fun and rewarding."

## ▶ TAKE THE PLUNGE! SATURDAY, JANUARY 21, 2012



THE JOHN HANCOCK BIRTHDAY POLAR PLUNGE has become a tradition on the South Shore. Each year, hundreds gather on this day to watch brave "plungers" go for a dip in the frigid Atlantic waters at Wollaston Beach on the Saturday closest to Hancock's birthday.

The Plunge is a tribute to Hancock, the first signer of the Declaration of Independence, a prominent patriot and former resident of Quincy. The Quincy Beaches and Coastal Commission organizes this fundraiser to benefit Interfaith Social Services. Plungers are encouraged to gather pledges from family and friends.

"It is a way that we can raise awareness about poverty on the South Shore while showcasing the natural treasures of Quincy's beaches," said Chickie Abdallah, event organizer and founder, and Interfaith Social Services board member and volunteer. Visit [www.InterfaithSocialServices.org](http://www.InterfaithSocialServices.org) for registration and pledge forms, or call Chickie at 617-479-2142 for more information. *The Plunge is sponsored by the Quincy Beaches & Coastal Commission, Friends of Wollaston Beach, and the Department of Conservation & Recreation.*

# Quincy Oktoberfest raises over \$11,000 for hungry South Shore families

**O**N SEPTEMBER 30 HUNDREDS OF SOUTH SHORE RESIDENTS celebrated Oktoberfest in Quincy. Hosted by the Quincy Elks and 8th Masonic District, the event raised over \$11,000 for Interfaith Social Services' food pantry.

Tradition dictates that Oktoberfest starts the third weekend in September and ends the first Sunday of October. But where did it all begin? According to Ofest's official website, the festivities started in 1810 as a royal wedding between Crown Prince Ludwig and Princess Therese in Munich, Germany, which culminated in a horse race that all of Bavaria was invited to attend. Each subsequent year the Germans continued the celebration, gathering for an agricultural festival and horse race. By 1896, that festival had turned into a carnival, and the various beer vendors had converted their small stands into beer tents.

Celebrated by beer connoisseurs the world over, this year marked the 201st Oktoberfest. At the heart of the festivities, there has always been a spirit of community. Diverse groups of people gather together in a celebration of thanksgiving and brotherhood. That is precisely what occurred at the Tirrell Room at the third annual Quincy Oktoberfest.

Event attendees enjoyed traditional German food, various Oktoberfest beers, raffles, silent auctions, door prizes, DJs, karaoke and bar game tournaments. "We tried to make the event as fun as we could," said event chairman Steve Ziolkowski. Steve, a member of the Milton Masonic Lodge and the Quincy Elks, had the unique opportunity to help forge a partnership between the two organizations. "A few years ago, some of my friends and I wanted to start some type of beer-tasting event; at the same time we saw a lot of people in our community who needed help. So the Elks and Masons partnered with Interfaith Social Services to start the Oktoberfest. Over the past three years this event has raised over \$33,000."

Interfaith's executive director Rick Doane said that his organization couldn't be more pleased with the success of the event. "Our food pantry is serving more clients than at any other time in our 60-year history," said Doane. "The Elks and the Masons are fraternal organizations dedicated to fostering community and helping others. We are so grateful that they hosted this event and raised so much money for hungry South Shore families."

Looking to the future of Oktoberfest and how they can build on this year's success, Steve Ziolkowski said, "We are already starting to plan for next year. Sam Adams, Harpoon Brewery and Burke Distributing graciously donated the beer for this year's event, and the Tirrell Room has provided a wonderful venue with great food. However, next year, we are looking for additional sponsors and friends to help the event grow even larger and raise even more money for those in need."

This year's Quincy Oktoberfest sponsors included Sam Adams/Boston Beer Company, Harpoon Brewery, Burke Distributing Corp., Tirrell Room, The Green Connection, Montillio's Baking Company and Yale Appliance & Lighting.



*Weymouth residents Anne and Mike Lions, (left and right), with Debbi Weare and Joey Butts of Quincy (center).*



*Steve Whitmore of Rockland (left), donned some festive attire to celebrate Oktoberfest. Kathy Dalton-Keane, served as Oktoberfest bartender.*



*Rick Doane (left), with Tom Koch, Mayor of Quincy, and Ted Naser, Past Exalted Ruler, Quincy Lodge of Elks B.P.O.E.*

## REMEMBER US...

If you would like to make a contribution to Interfaith Social Services through a bequest, trust, or as a gift, we would be happy to refer you to a certified public accountant or attorney who works with the organization to assist you in your charitable financial planning. Interfaith Social Services welcomes your contributions and will use them to strengthen family life and offer assistance to anyone in need on the South Shore.

## WONDERING WHAT TO DO WITH THAT CAR YOU NO LONGER USE?

Donate it to support Interfaith Social Services! Your donation will provide much needed revenue to fund our programs and services. Donating is fast, easy and free, and all donations qualify for a tax deduction! To donate call 617-773-6203 ext. 17.



INTERFAITH  
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## Calling all holiday elves for Adopt-A-Family Program

**L**AST DECEMBER ALMOST 500 CHILDREN received presents thanks to generous “adoptive” families. Each year some of our food pantry clients, with children under the age of 16, register with pantry volunteers to receive help with Christmas gifts for their children. We are currently looking for community partners to adopt these families for the holidays.

“We need more help than ever this year,” said Bettyanne Lang, Interfaith food pantry manager. “Based on the increased number of clients that we have been serving all summer through the food pantry, we know that this is going to be a particularly difficult holiday season for many South Shore families.” Last year the Interfaith food pantry served 17,000 individuals, including over 5,000 children. Since the organization was founded in 1947 their mission has been to help impoverished South Shore residents, and to strengthen family life.

“We need more individuals, houses of worship and local business to adopt our client families this year,” said Lang. “Please honor the holiday spirit by helping children in need.”

Interested “adoptive” families can call Bettyanne Lang for more information or to fill out a registration form, at 617-773-6203 ext. 19, or via email to [balang@interfaithsocialservices.org](mailto:balang@interfaithsocialservices.org).



*Bettyanne Lang, Interfaith food pantry manager.*