



NEWSLETTER

31ST ANNIVERSARY

NOV. 2020

North Shore Soup Kitchen, 18 Third St, Glen Cove NY 11542

Dear Friends:

Spring and summer 2020 was a very busy time as we struggled to find a way to feed the hungry in the midst of a pandemic that rendered our cafeteria style weekly lunch program unworkable. Miraculously, in early March NOSH emerged on the scene with a safe and highly effective home delivery model (see NOSH is Born in this issue). Many of our volunteers, frustrated at not being able to serve our guests, began making NOSH grocery deliveries and working behind the scenes packing NOSH Bags and picking up donated food. During this time period the number of hungry families receiving badly needed deliveries of food quickly escalated and by June NOSH had officially become a program of the North Shore Soup Kitchen. This gave NOSH not-for-profit status and the ability to solicit donations of food and financial support.

In addition to adopting the NOSH model, we also needed to figure out how to feed our homeless guests -as home delivery wouldn't work. We were able to make arrangements with a Glen Cove vendor to provide these guests with hot meals several times a week in his deli.

Another challenge was the retirement of Estelle Moore, our wonderful president for the past 10 years. Fortunately our board and volunteers have all stepped up and while she has yet to be replaced, because of the commitment of this group, everything is running smoothly. Luckily for us, Estelle has chosen to remain involved, lending her endless wisdom to make operations run smoothly.

Our current and perhaps most daunting challenge is the cost of moving from a three day a week cafete-

ria style lunch program to a program feeding more than 3500 people every week. For this, we need your help.

Please, as you consider your end of year giving, make feeding our area's growing number of hungry families a priority. Your support can help make sure we are there for everyone who needs us.

On behalf of those we serve, thank you,

Madeline Rubenstein, Chairman

North Shore Soup Kitchen Board of Directors



NOSH IS BORN

In early March, as many food pantries closed and word of growing food insecurity throughout our community spread, a group of concerned North Shore residents met to discuss how to meet this need. After much discussion, they decided to create an organization that could safely deliver nutritious food to the homes of families impacted by COVID-19. The group, many representing local service organizations like the North Shore Soup Kitchen, the Glen Cove Senior Center, St. John's of Lattingtown and numerous other houses of worship, named this new organization NOSH. Their plan was for volunteers to deliver bags of food to local families in need, leaving the clearly marked NOSH Bags on their doorsteps after a quick phone call. NOSH began operations out of a volunteer's garage, delivering to approximately 50 families. Within weeks, Allen Hudson, vice principal of Glen Cove High School, stepped forward offering space at the school. Glen Cove High School and other local schools also began giving NOSH lists of fam-

Member Mirna Garcia and her son Steven



Henry, Katie and Lisa Spina prepare to make the day's deliveries

ilies in need of food. With these families, as well as calls to NOSH's emergency hotline, NOSH's delivery list grew very quickly.

Daily, Monday to Friday, anywhere from 6 to 11 volunteer drivers deliver "NOSH Bags" to 450 families living in Bayville, Glen Cove, Glen Head, Lattingtown, Locust Valley and Sea Cliff. NOSH Bags are emergency meal kits containing the ingredients to prepare two meals for a family of four. Larger families receive additional NOSH Bags. NOSH's volunteer dietician assesses bag contents to make sure the ingredients provide proper, balanced nutrition for children and adults. Other volunteers pick up donated food, count and sort donations and pack the NOSH Bags for delivery. A group of NOSH interns, recruited by founding member, Courtney Callahan, have been reaching out to local businesses for donations of food for the NOSH bags. Interns also add



Founding Members Linda Eastman and Courtney Callahan

personalized touches to the NOSH Bags like encouraging NOSH Notes for parents and hand-made bracelets for the children. Day to day operations are supervised by Operations Manager and founding member, Linda Eastman.

Much has happened in the months since NOSH was born. At the end of June, NOSH became a program of the North Shore Soup Kitchen, joining forces to better meet the common goal of feeding the hungry with dignity and respect. In mid-August, as the high school began preparing for school reopening in September, NOSH moved its headquarters to St. Rocco's Church in downtown Glen Cove. Throughout the summer, donations from local farms and food stores have helped fill the NOSH Bags. But, despite these food donations, the cost of this vital program has pushed the need for a concerted fund raising effort to the forefront. This fall many NOSH volunteers are making fund raising a priority in order to make sure NOSH can be there for every hungry family who calls. Community support of this effort is vital.

FOUNDING ORGANIZATIONS

North Shore Soup Kitchen, *Glen Cove*
 Grenville Baker Boys & Girls Club, *Locust Valley*
 Guardian Angel Family Crisis Center, *Sea Cliff*
 Living Waters for Women, *Glen Cove*
 Glen Cove Christian Church, *Glen Cove*
 The Alberta Hersey Foundation, *Glen Cove*
 The Finley Middle School Food Pantry, *Glen Cove*
 First Baptist Church of Glen Cove, *Glen Cove*
 Kiwanis of Glen Cove, *Glen Cove*
 Glen Cove Public Library, *Glen Cove*
 North Shore Women's Club, *Glen Head*
 Glen Cove United Inc., *Glen Cove*

OVERSIGHT COMMITTEE

Claudine Baldwin	Gratia McLane
Sarah Blundin	Nitika Moran
Courtney Callahan	Christine Rice
Barbara Costello	Elizabeth Sevenser
Linda Eastman	Allison Pell Shea
Jill Jervis, <i>Treasurer</i>	Christine Thomaides

Heartfelt THANKS TO OUR VOLUNTEERS!

NOSH's work would not be possible without help from the amazing volunteers who package and deliver food dignity to the community. Coronavirus has brought instability into a lot of homes and NOSH volunteers work hard to make food a constant for these families. Allison and Dawn, two volunteers who've been with NOSH since its start, agree that the response from NOSH was immediate after the North Shore Soup Kitchen could no longer open due to COVID-19.

Dawn had cooked at North Shore Soup Kitchen for four years, and so she was recruited for NOSH right away. Currently Dawn fills in for emergency deliveries but in the beginning she drove most days of the week to help get NOSH up to speed. Dawn wasn't the only one and she says, "It was special to see NOSH come together. There was a need in our community, and people came quickly and worked hard." Dawn is also looking to continue NSSK traditions, like the Christmas present drive, which is being spearheaded by another long time soup kitchen volunteer, Janet Rosenberg.

Allison also became a volunteer early on, but from St. John's Church, which gave the initial grants to NOSH.

Like Dawn, Allison was driving multiple days a week when NOSH began because of the great demand for volunteer work. Now she continues to drive and brings along her two kids, Jett and Audrey, to help lift heavy bags of groceries and they had the great idea of delivering toys to some of the NOSH families they deliver to. Thank you, Allison and Dawn!



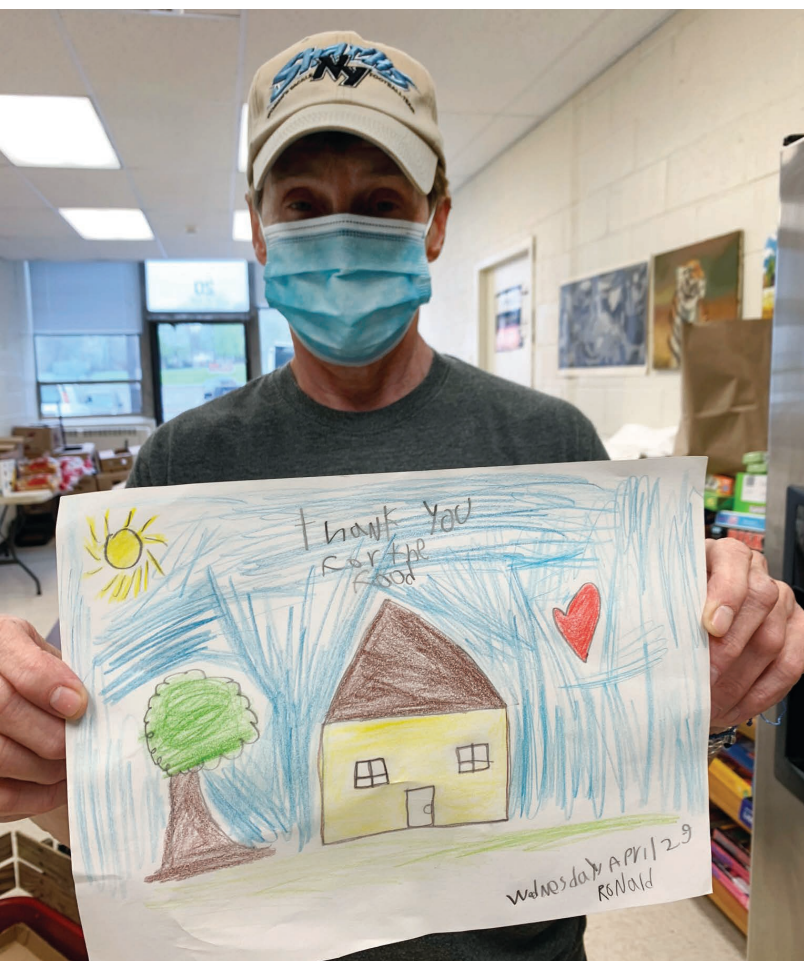
NOSH volunteers were on hand to thank members of the Fanjul family of Florida Crystals Company for their generous gift of 1,800 one pound bags of rice and 600 four pound bags of sugar. Front row: Mirna Garcia, Nitika Moran, Francesca Pheifler, Virginia Argenti, Emilia Fanjul Pheifler, Gaitley Stevenson-Matthews Back Row: Father Mark Fitzhugh, John Eastman, Renee Swanson, Linda Eastman, Courtney Callahan



Veronica Beard & Jennifer Aston deliver NOSH Bags



Beth Fedirko picks up donated corn at Rottkamp Farm



Founding Member Beth Nugent with a thank you card from one of our families



Sarah Blundin loads her truck with groceries to fill the NOSH Bags

Volunteer **GIGI GOTFRIED**

Gigi is a retired nurse who now spends four days a week working for NOSH. Having spent many years in a helping profession, when a friend suggested she become a NOSH volunteer, she knew it would be a perfect fit. Gigi works as a driver, delivering food, once a week and two days a week she works as a site coordinator, helping move boxes of donated food, filling NOSH Bags, and preparing deliveries for the other drivers. Gigi also picks up messages from the NOSH emergency hotline, a powerful reminder of the enormity of the current need. Gigi talks about one woman who called, her husband had lost his job, her car had been repossessed and her family needed food. Gigi made sure she received a delivery that day. Another call came from a single mother with a small child who had just had abdominal surgery. She was having a hard time moving and preparing meals was out of the question. Gigi found a few frozen meals in the NOSH freezer and personally delivered them right away.

When asked to summarize her volunteer experience, Gigi says, "Working for NOSH makes me feel good because I'm able to see first-hand that we're really helping people."



Volunteer **KELLY CARSON**

Three years ago, Kelly had just retired when he saw an ad on facebook for the North Shore Soup Kitchen. Inspired by what he had read, on a freezing cold February morning he stopped by to see if we needed volunteers. Kelly had arrived at precisely the right moment because that day's cooks had just realized that the kitchen pipes were frozen. Kelly ran home, grabbed a hair dryer and returned to defrost the pipes. Kelly became an instant hero and an indispensable volunteer. Now, Kelly volunteers four days a week, either driving across the island to pick up donated food for the week's 450 NOSH Bags or working with Maddy Rubenstein and Linda Eastman to streamline the process by which 3500 meals can be delivered in those NOSH Bags every week."

Always on the frontlines, another of Kelly's endeavors is recruiting new volunteers. According to Kelly, "Everyone wants to help, often they just don't know how. When I tell them what needs to be done, the response is usually, 'Wow, I can do that!' "

If you want to volunteer email info@northshoresoupkitchen.org or call 516-652-6127

ESTELLE MOORE STEPS DOWN AS PRESIDENT

On June 10th, every North Shore Soup Kitchen volunteer received the following email from our beloved president, Estelle Moore:

After 10 years as President of the North Shore Soup Kitchen, I am stepping down as President. It had been my plan to gradually leave, however the Corona Virus Pandemic has caused me to make this decision at this time.

I will still continue being a volunteer working behind the scenes at home until it is comfortable for me to actively volunteer at the kitchen.

It has been my pleasure being your leader for over ten years and proud of all the accomplishments we did together. Thank you for all your support and caring for those who are in need.

*Sincerely,
Estelle*

The response was immediate and Estelle was deluged with messages from volunteers thanking her for her years of extraordinary service.

Estelle began volunteering at the soup kitchen in 2004, working as an Advocate to help guests address urgent needs: affordable housing, employment, medical care and much, much more. In 2009 Estelle became President of the soup kitchen's steering committee and for the next ten years Estelle was at the soup kitchen three days a week, whenever it was open. She arrived early and stayed late, until everything and everyone was taken care of. For Estelle there was never a problem that couldn't be solved and over the next ten years she addressed every issue with intelligence, creativity and an impeccable work ethic. An example of her attention to every detail is that the soup kitchen has been able to maintain an A rating with the Board of Health for many years.

For Estelle the guests always came first and she is particularly proud of the ways the Volunteer Advocates, and in recent years the organization's case

workers, were able to help guests get control of their lives. We always strove to be more than a band aid, Estelle is quick to say.

Looking back at the last ten years, Estelle loves to talk about the ways the volunteers have been able to make the holidays meaningful for guests. Annually the soup kitchen volunteers hold a holiday party for all guests and for many years they distributed gifts to the children during the party. But three years ago, Estelle and a group of volunteers decided to allow parents to come to the soup kitchen by themselves to "shop" and pick out just the right toys for their children to put under the tree for Christmas morning. It was a great hit.

In early March of this year, when the pandemic made it impossible to continue to operate as we had for so many years, Estelle was extremely worried, calling around to food pantries and checking on guests whenever she could. Therefore, when board member, Courtney Callahan, came to her with a new emergency food delivery program, Estelle was delighted and ready to make yet another adjustment. The food delivery program, NOSH, now a program of the North Shore Soup Kitchen, is for now the way we are able to continue to fulfill our mission, Feeding the Hungry with Dignity and Respect.



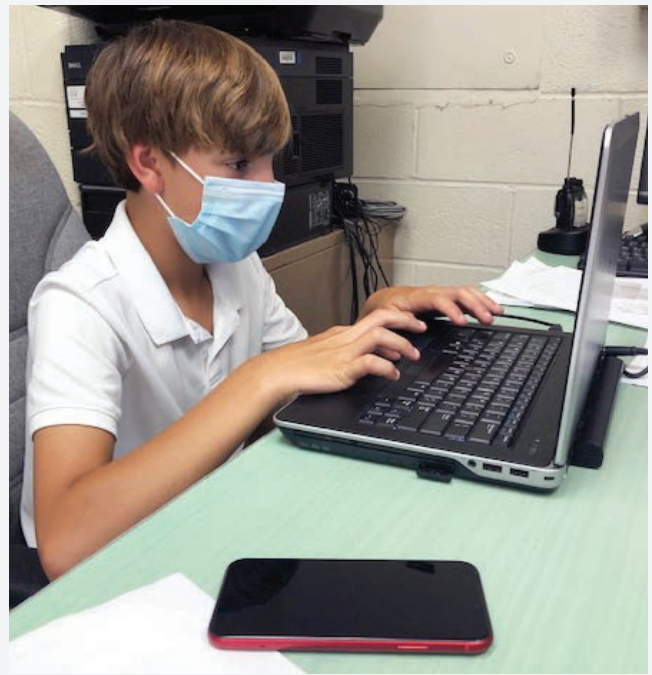
NOSH KIDS

Approximately 60 kids, second grade through college, make up NOSH Kids. Headed by 11th grader Taylor Overstrom, these philanthropic young people have been volunteering for NOSH since the very beginning. Over the summer they helped unload donated food, fill NOSH Bags and even input information into our computer program. NOSH Kids are also very creative, making beaded bracelets to put in the NOSH Bags and wall art for NOSH headquarters. Most exciting is NOSH

Nibbles, a program they started to fill bags with nutritious snacks donated by Rising Tide, Island Harvest, Whole Foods and the Sunday school class from St. John's church. The NOSH Nibbles are then handed out to the homeless in our area, many of them former Soup Kitchen guests. Courtney Callahan, who supervises the group's activities says, "These kids work so hard and what they're doing makes everyone feel good."



Taylor Overstrom & Kate Blundin display bags of NOSH Nibbles



Jett Aston inputs NOSH data

NOSH deliveries are made possible by the generosity of people like you.

Why not adopt a family for the holidays? Whatever you can do will make a very real difference for a family that is hungry.

With every \$25 you donate a family will receive a NOSH Bag containing all the ingredients for two full meals plus lots of nutritious extras. A donation of \$100 will make possible a month of NOSH Bags for a family and \$1,000 will cover weekly deliveries of NOSH Bags for 10 months.

Your donation would also make a wonderful holiday gift for someone on your list. We will send them a card telling them how many NOSH Bags have been donated in their name.

You can make your donation online at www.info@northshoresoupkitchen.org.