

INTERFAITH SOCIAL SERVICES

NEWS

PROUDLY SERVING THE SOUTH SHORE SINCE 1947 | INTERFAITHSOCIALSERVICES.ORG | 617-773-6203 | SPRING 2013

Join us for the 39th Annual South Shore Walk

| SATURDAY APRIL 20, 2013

THE SOUTH SHORE WALK FEATURES a beautiful three-mile route around Quincy's Squantum neighborhood, with amazing views of the Boston skyline. Afterward join us for the Family Fun Celebration.

This year's celebration includes a fun photo booth, kids' games, a DJ, face painting, balloon animals, a bouncy house, a silent auction, raffles and more! We will also provide a delicious lunch, and kids of all ages will delight in sampling some frozen treats donated by New England Ice Cream, now in its third year sponsoring the event. All proceeds from the walk benefit Interfaith Social Services' programs, helping South Shore families in need of food, counseling and emergency assistance.



SOUTH SHORE WALK 2012 ▶ Walkers from all generations participated in last year's Walk, including Christy Lee, Michael Lee and Thomas Chenette of Braintree, and Kendra Lee of Quincy (left). Spencer and Calvin Lane of Braintree take a break after the Walk (center). A team from Quincy College joined the cause (right). PHOTOS BY DANA STUART HANSEN

SPONSORED BY



SOUTH SHORE WALK AND FAMILY FUN CELEBRATION

OUR 39TH ANNUAL WALK! | SATURDAY APRIL 20, 2013

THE KENNEDY CENTER, 440 EAST SQUANTUM STREET IN QUINCY, NEAR MARINA BAY

Registration begins at 11:30 a.m. The Walk starts at the Kennedy Center, rain or shine. Register today and download pledge sheets at: southshorewalk2013.eventbrite.com/

INTERFAITH SOCIAL SERVICES

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

105 Adams Street
Quincy, MA 02169
617-773-6203
www.InterfaithSocialServices.org
info@interfaithsocialservices.org

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

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FIND US...
FRIEND US...
FOLLOW US!

► MESSAGE FROM RICK DOANE

EXECUTIVE DIRECTOR, INTERFAITH SOCIAL SERVICES

Hunger, poverty and suffering exist right here on the South Shore. While this is not the most positive tone with which to begin a paragraph, nevertheless it is the truth.

Many of those who are in pain are our neighbors; they suffer quietly and without much attention. It is not portrayed on the cover of most newspapers. It is not on the TV news. It is private, personal and painful. It is not new; regardless of the nation's financial state, there have always been those who are down on their luck in need of assistance. It is very true that there are many more in need of assistance since the recession began. However, the fact remains that Interfaith has been serving our neighbors here on the South Shore since 1947.

While this may sound depressing, there is reason to celebrate. For those who humble themselves enough to ask for help, assistance is available. The services and programs carried out by Interfaith's staff and volunteers assist more than 25,000 South Shore residents every year.

In this issue of our newsletter you will read about the amazing volunteers who serve to bring hope to those who are suffering. You will read about our programs, fundraisers and events, but most importantly you will read about our clients. We are their voice and it is our mission to tell their stories. With their permission we are going to publish a few of those stories. Look for these narratives scattered throughout this issue of our newsletter. *All of the names have been changed to protect the privacy of our clients.* While you read their stories, just think about how your support made it possible for Interfaith to help them. On behalf of our clients, thank you.

Rick Doane, *Executive Director, Interfaith Social Services*



Moshi and Rick Doane with their sons Luke and Logan at the 2012 South Shore Walk.

Laurie

called our HomeSafe Program for rental assistance when the cost of her cancer treatment drugs was forcing her to decide between housing or her health. At 64 years old, she was struggling to survive on the limited funds she receives from Social Security Disability. Interfaith's HomeSafe program was able to help Laurie balance her budget, navigate the SNAP (food stamps) program and find a better prescription plan. Because of Laurie's great attitude and willingness to work with us, we were ultimately able to pay her past due rent knowing she would be able to afford her rent going forward.

MEET OUR clients

Feed the Need in Hingham helps stock food pantry shelves

ON MARCH 30, HUNDREDS OF LOCAL RESIDENTS joined together for the annual Feed the Need Walk/Run at Wompatuck State Park. Instead of paying participation fees or gathering pledges, many walkers and runners paid their “entry fee” with nonperishable food. For three years these proceeds have benefited Interfaith Social Services, as well as two other South Shore food pantries.

Adults and kids participated in the 5K and one-mile races. Smaller children and tots ran too, in the Diaper Dash, Toddler Trot and School-age Shuffle.

As runners and walkers registered and warmed up for the race, an impressive mountain of food was collected, sorted and loaded up in vans and trucks to distribute to the pantries. After the race, participants enjoyed refreshments, a raffle and awards for the top three finishers in each age category. Speakers from the organizations receiving the food, including Rick Doane, Executive Director at Interfaith Social Services, inspired the crowd and gave thanks for continued support.

“This is an event for the entire family with a focus on good health and a grateful heart,” says Jennifer Ashley, the founder and race director of the non-profit organization Feed the Need. “Our mission is to raise awareness



“Entry fees” of nonperishable food from a previous Feed the Need Walk/Run in Hingham. (Photos from this year’s event were not available as of press time.)

about hunger in our communities, to assist food pantries that help folks in our towns, and to bring families together for a day of health through walking, running and being together for a good cause.”

“The Feed the Need event has raised thousands of canned goods and personal necessities for local communities over the years,” reported event organizer Gisela Voss. Her fellow race coordinator Missy Bennion added, “Our race is unique because the entry fee is 25 canned goods per person, but if people prefer, they can donate \$20

instead, or a family max of \$60.”

“Because 100 percent of the race registration funds are used to purchase food to stock pantry shelves,” race coordinator Michael Whamond explained, “Feed the Need relies on the generosity of separate sponsors to fund the T-shirts and supplies for the events.”

Feed the Need is an all-volunteer run organization. Their annual event in Hingham occurs each year at the end of March. For more information please visit: www.feedtheneed.org.



Kick those roadside bins to the curb

BY CINDY LEE

DO YOU KNOW WHAT HAPPENS to your clothing, books and other items when you drop them in one of those metal collection boxes? Most of us expect that our donation will support a local charity, or help someone in need. Unfortunately, we have been duped. Next to some legitimate boxes are for-profit businesses collecting clothing under the guise of charity.

One example is the Cancer Free America Foundation. According to the *Brockton Enterprise*, bins marked with this name are actually owned by a for-profit recycling company. They claim to give a portion of the proceeds to cancer-related causes but were unable to provide the percentage to the *Enterprise*. Similarly, many other bins have legitimate, recognizable nonprofit names attached to them. However, the bins are also owned and operated by for-profit companies who ship and sell your “donation” overseas. They pay a small portion of the funds to the nonprofit, while pocketing the majority of the proceeds.

Massachusetts Attorney General Martha Coakley recently said, “While we strongly encourage members of the public to donate to charitable causes, people should not assume that their clothing donations will be used for such purposes. If you are simply looking for a convenient way to dispose of used clothes, any collection bin set out for such purpose will do. If however, you want your donation to advance a charitable purpose, we suggest that you check to see if they have registered with our office.”

Interfaith Social Services is registered with the Attorney General’s office. Keep your donations local — donate them to Interfaith and you will know that they are being used to support our neighbors in need.

Our **Bureau Drawer Thrift Shop** sells clothing, shoes, books, toys,



*Keep your donations local.
Donate them to Interfaith and
you will know that they are
being used to support our
neighbors in need.*

household décor, and more. It is a boutique-style shop with amazing deals and a loyal customer base, and it is open to the public. Anyone looking for high-quality merchandise at unbeatable prices should visit our shop. It is completely run by volunteers so *every dollar you spend goes right back to Interfaith's programs*. It is one of Interfaith’s most important fundraisers, bringing in almost 10 percent of the organization’s annual budget each year.

We also operate a **Career Closet** program, which provides professional clothing to low-income job seekers. We are currently serving five people a week through this program, more than ever before. Each person receives four to five outfits to wear

to job interviews. This program relies on donations from the community to survive. When was the last time you put a suit or dress shirt into a metal bin in a parking lot somewhere? *Keep it local — donate it to Interfaith.*

We are up against a barrier: donations must be dropped off at Interfaith’s offices. A Goodwill Industries survey of 600 adults in the United States and Canada found that more than half of people who donate clothing say they wouldn’t go more than 10 minutes out of their way to make a donation. We are asking you to make the extra effort to bring your clothing, books, toys, shoes, kitchen and household décor to our offices.

We accept donations from 9 a.m. to 3:30 p.m. Monday through Friday and until 7 p.m. on Tuesdays. However, donations can always be left at our offices outside of these hours, underneath the overhang in the back parking lot of our building at 105 Adams Street in Quincy. Please, no junk! We appreciate all donations — however, before you donate, stop and think “Would someone actually buy these ripped, paint splattered, dirty sneakers? If someone were going to a job interview should they be wearing a shirt that has stains all over it?”

When you drop off your donation, take a look around the store. It is open every afternoon. There is something for everyone, and we are always looking for the right volunteers to become part of our team.

Cindy Lee of Braintree, pictured above, is a member of Interfaith’s board of directors and volunteer manager of the Bureau Drawer Thrift Shop. Cindy has been involved with Interfaith for over 30 years. She has been the Shop manager since 2001.

Feed the Hungry Gala and 65th Anniversary Celebration raises over \$100,000

INTERFAITH'S FEED THE HUNGRY GALA and 65th Anniversary Celebration, held in early December 2012, was Interfaith's most successful fundraiser in the history of the organization. More than 550 guests packed the Granite Links facility in Quincy for the event.

"This year's co-chairs, Ally Donnelly, reporter for NECN, and Greg Wallingford, financial consultant, New England Schooler, Inc., and our Honorary Co-Chair, Governor Deval L. Patrick, were instrumental in making this event so successful during this milestone anniversary year," said Rick Doane Interfaith's executive director.

During the Gala, Paula Lombardo, Chief Administrative Officer of The Lombardo Companies, was honored with Interfaith Social Services' 2012 Community Hero of the Year award for her generous donations of time, business services and personal resources to help disadvantaged South Shore residents.



Gala co-chairs NECN's Ally Donnelly and Greg Wallingford of Hingham welcome guests and ask for help feeding hungry South Shore residents this holiday season.



A SPECIAL THANKS TO OUR PRESENTING SPONSORS:

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Reebok Crossfit – Bare Cove
State Street
Stop & Shop Supermarkets



ABOVE, LEFT: Attendees from all over the South Shore came out to support Interfaith Social Services — Ally Donnelly of Hingham, Katie Catlender of Scituate, Stacey Wallingford of Hingham, Carly Huey of Cohasset, McKenzie Webster-Johnston of Scituate, Sarah Shannon of Cohasset, Alexandra Maurer of Hingham, Heather Karlovitz of Cohasset, Charlotte Bodell of Cohasset, Tammy Vipperman of Marblehead, Kara Bianchi of Cohasset, and Amanda Kennedy of Cohasset. **ABOVE, RIGHT:** Chris and Amanda Kennedy of Cohasset win a live auction item while Katy Barrett of Hingham cheers them on. **A LEFT:** Just a few of the many gift baskets that were auctioned at the Gala.

volunteerism

EACH WEEK 85 TO 90 LOCAL RESIDENTS DEMONSTRATE the true meaning of hard work and dedication. That is the number of regular volunteers who fulfill weekly assignments serving within Interfaith's various programs. The assignments may vary but their experiences are similar.

Many of them talk about how volunteering helps them feel like they are part of a community, creates lifelong friendships and, most importantly, positively impacts the lives of the thousands of people every year.

Interfaith's volunteers are often described as the *heart and soul* of the organization — without their dedication and service, Interfaith's programs would be unable to serve the community. One such volunteer is Sarah.

In November, 2011 Sarah moved from England to Quincy because of her husband's job relocation. Having left her family, friends and career behind, she was keen to make new friends and learn about the community. She heard about Interfaith Social Services through her church.

She called Paula Daniels, Interfaith's volunteer coordinator, and set up an appointment. As she does with each potential volunteer, Paula sat down with Sarah and discussed the opportunities available. Sarah felt that serving in Interfaith's Bureau Drawer Thrift Shop would be a good fit for her, and it was. She has been volunteering in the Thrift Shop since February 2011. Sarah has also helped out in the

The heart and soul

food pantry and at the front desk, answering phones and assisting visitors to the office.

Interfaith's volunteers are highly encouraged to use any specialized skills they have to assist the organization. Sarah was pleased to put her professional experience to good use last year when she delivered a number of diversity awareness workshops to the other volunteers and Interfaith's staff. Sarah said that the extra opportunities have been a great way of meeting more people and understanding the whole organization. "(Volunteering with) Interfaith gives me a lot of laughs," said Sarah. "It has made the transition to a new country a smooth one. Not to mention all of those great bargains I find in the thrift shop!"

Susan is another volunteer who served at Interfaith's front desk for a year until she recently relocated to live closer to family. Referring to her experiences, she said, "My



A great group of local moms and their kids pitched in to serve Interfaith's clients last Thanksgiving. Sarah McSweeney with son David, Michelle Allen with sons Jake and Bobby, Deanna Boyle with daughter Amelia, Patrice Smith with son Jamie and daughter Shea, Heather Nicholls with son Connor.



heart was touched by so many (of Interfaith's clients). In my short time there I was able to give these people reason for hope, or just a smile and a kind word to help them through their difficult days."

Interfaith's weekly volunteers come in for at least one three-hour shift each week, and some fulfill multiple shifts. Shifts are available between 9:30 a.m. and 3:30 p.m. There are a lot of opportunities depending on each person's skill set: the food pantry, thrift shop, front desk, or Career Closet.

Serving in the food pantry includes assembling grocery orders for clients, restocking shelves and sorting food donations. Volunteering at the thrift shop is similar to working in a retail store. Volunteers sort through donations

of Interfaith

of clothing and household goods. They assist customers, hang and fold clothes and organize merchandise for sale. The thrift shop receives two-hundred bags of donations a week, often receiving even more during holidays.

Interfaith's front desk is staffed entirely by volunteers who answer phone calls, greet visitors and assist with various office projects. The Career Closet is by appointment only, so this program's volunteers are "on call." Clients come in at a scheduled time and the volunteers help them choose professional outfits for job interviews.

Interfaith is one of the South Shore's most popular centers for volunteering and community engagement because we offer many corporate and faith group volunteer opportunities. A maximum of seven coworkers serve in each shift. On any given day a volunteer group might work in the pantry serving food orders to clients. They might transport toy donations, or organize a sorting room. Many volunteer groups conduct food, clothing or other "drives" for Interfaith's programs and initiatives.

In July and August, Interfaith collects school supplies for backpacks, which are distributed to the children of food pantry clients who are returning to school. During September and October, new and gently used Halloween costumes are distributed to the children of our clients. Volunteers help to serve Thanksgiving meal baskets to hundreds of local families. And each year more than 500 disadvantaged children depend on volunteers to help provide holiday gifts through our "Help for the Holidays" program.

Volunteer groups are always needed at Interfaith's annual events like the South Shore Walk in April, or the Feed the Hungry Gala in December. Local businesses currently fulfill monthly team-building volunteer experiences at Interfaith, notably State Street Global Operations Divi-



Thrift Shop volunteers Cindy Lee of Braintree, Sarah Paramore of Hingham/Bristol, England, and Wafa Lavelle, Catherine Lally Milton and Yolonda Hughes of Quincy take a break from preparing donations in the Thrift Shop sorting room.

sion, Arbella Insurance, State Street Alumni and Blue Cross Blue Shield of Massachusetts.

During the summer months and school vacation weeks, Interfaith's workforce takes a noticeable dip in the average age of volunteers. High school students flock to our programs to fulfill community service hours. In the process of volunteering, they not only fulfill a school obligation, but gain powerful testimonials about the importance of service.

Volunteers are the heart and soul of Interfaith Social Services. Every year hundreds of individuals from our community, as well as corporate and religious groups, volunteer to serve within Interfaith's programs. The time that they give and their desire to serve make it possible for our programs to assist so many people each year.

If you would like to volunteer please contact Paula Daniels, Interfaith's Volunteer Coordinator at 617-773-6203 ext. 28, or email pdaniels@interfaithsocialservices.org.

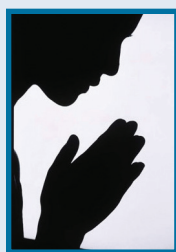
Richard and his clients

girlfriend have four children. Both have struggled with employment over the past few years and have been forced to rely more and more on SNAP (food stamps). He just moved to Quincy and started coming to the food pantry in February. "I wished I knew about the pantry sooner," said Richard. "Food stamps don't last the month and we just went two weeks without enough food in the house to really feed my family."



JOIN US AT THE QUINCY PRAYER BREAKFAST

SPONSORED BY MAYOR THOMAS P. KOCH



**THURSDAY MAY 2
7:00 TO 8:30 A.M.**

**TIRRELL ROOM
254 QUARRY STREET,
QUINCY**

The Quincy Mayor's Prayer Breakfast is being combined with the South

Shore Women's Prayer Breakfast. Both committees are working to plan a wonderful event for May 2, which is also The National Day of Prayer. Representatives from many local houses of worship, government officials, and business, community and religious leaders will assemble for this wonderful opportunity to gather as a city in the spirit of interfaith prayer for the well-being of our community. This year's theme is *Living our Faith*, and will feature local speakers from a variety of faith traditions. **Tickets are \$35 for an individual and \$250 for a table of ten.** Proceeds will benefit both The Esther R. Sanger Center for Compassion/Quincy Crisis Center and Interfaith Social Services. To order tickets online go to www.InterfaithSocialServices.org. For additional information please call 617-847-6967. To order via the mail please send a check to **Sanger Center/Quincy Crisis Center, Attn: Quincy Prayer Breakfast, PO Box 31, Quincy, MA 02170.**

Easter Bunny Helpers assemble baskets for food pantry clients

On Saturday, February 23, dozens of "Easter Bunny helpers" assembled more than 300 Easter baskets, which were distributed through Interfaith's food pantry to children age 12 and under. An annual tradition, these baskets help parents who otherwise would not have been able to afford Easter baskets for their children. One of Greater Boston's largest emergency food programs, Interfaith's food pantry serves over 18,000 people annually.



Rebecca and Abigail Wielhouwer of Bridgewater and Logan Doane of Randolph helped assemble more than 300 Easter baskets for the food pantry.

The baskets contained a chocolate bunny, some small toys, and a variety of candies, all donated locally by caring individuals. The baskets were sponsored by State Street Global Services of Quincy. For the last two years Interfaith has been adopted as Global Services' nonprofit partner.

The annual Easter Basket distribution to the children of food pantry clients is one of the ways we strive to ease the financial burden on our clients while bringing joy to children who may be living in very difficult situations. Other seasonal initiatives include providing backpacks with school supplies through the month of August, new and gently used Halloween costumes during September and October, and holiday gifts each December.

Thank you to everyone who assists us with these seasonal initiatives. The smile on a child's face makes all of the effort worthwhile.

Madison is a 14-year-old girl who has been coming to Interfaith's New

Directions Counseling Center for the past four months. Madison's dad served in Afghanistan and things have not been the same since he returned over a year ago. He and Madison used to be close, but now he seems distant, angry, and impatient. Madison came to us because she didn't know how to talk to him anymore. In counseling Madison has been able to speak her mind freely, voicing her frustrations and fears without judgment or repercussion. Even though her dad continues to push her away, Madison tries not to take it personally, and when he loses his temper she is beginning to understand that it's not her fault. Part of what makes it so painful for Madison is that the dad who left is not the dad who returned. The counseling process is helping this adolescent to put things in a different perspective. She recognizes that her dad has changed and they may never be as close as they once were, but she is hopeful that they can build a new kind of relationship — and counseling is helping her build those skills.

MEET OUR
clients



Free seedlings! Harvest Helpers Program raises fresh produce for Interfaith Social Services' food pantry

When you are planting your garden this spring consider planting a little extra for your hungry neighbors. Harvest Helpers is a collaborative program between Interfaith and Keohane Funeral Home. Each growing season we encourage local gardeners to donate a portion of their crops to Interfaith's food pantry through this program. There are more than 84 million backyard gardeners in the United States. If everyone donated a small percentage of their harvest to local food pantries, it would supply all of our clients with healthful, fresh, locally grown food.

To promote this program, and to show that produce can be grown virtually everywhere, each year we plant a garden at our office in Quincy Center and Keohane plants a garden at their offices in Wollaston. As they have done for the past three years, Keohane Funeral Home has graciously volunteered to donate vegetable seedlings to anyone who is willing to become a Harvest Helper. If you would like to help plant and maintain this year's garden, or would like to receive some free seedlings, please contact Paula Daniels and ask to be included in our list of Harvest Helpers: 617-773-6203 ext. 28 or pdaniels@InterfaithSocialServices.org.



Harvest Helpers



Volunteers help plant Interfaith's food pantry garden last spring at their offices in Quincy Center.

UP FOR A CHALLENGE? The Feinstein Foundation in Rhode Island will match a portion of every donation made to Interfaith Social Services between now and May 1, 2013. Please give generously.

PLUNGERS CONTINUE THEIR ICY TRADITION AT WOLLASTON BEACH IN JANUARY

On the chilly morning of January 19, South Shore residents plunged into the icy waters of Quincy Bay to benefit Interfaith Social Services. The Quincy Beaches and Coastal Commission hosted their 7th Annual John Hancock Birthday Polar Plunge at Wollaston Beach. "It's a labor of love that the beach commission sponsors every year to help our neighbors in need through Interfaith Social Services," said Chickie Abdallah, event coordinator.

This year's plunge raised more than \$3,000. Since the event began, organizers have gathered more than \$35,000 for Interfaith. "A great big thank you to all those that participated," said Abdallah. "I know they feel good that they helped make someone's life a bit easier with what they did. We look forward to seeing all of the brave Plungers and some new recruits next January."

Prizes were awarded for the oldest and youngest participants, as well as the person or group who collected the most donations. The winners were:

- Shirley Dunlap — most money raised
- Barbara Gilliland — oldest participant, age 84
- Thomas Chenette — youngest participant, age 7



For more pictures from the Polar Plunge, as well as other events and functions, please visit [Interfaith Social Services Facebook page](#).



Though it may look like a summer stroll on the beach, this picture was taken on a brisk January morning at The Polar Plunge in Quincy! PHOTO

COURTESY OF THE QUINCY SUN

Why I donate to Interfaith, and why you should consider giving too

BY SANDRA JOHNSON



AT MY COLLEGE REUNION A FELLOW ALUMNA explained her charitable giving philosophy to me. It was simple but powerful, and it has informed my giving ever since. From all of the excellent not-for-profits wanting her support, she focuses most of her giving on one. Rather than give \$100 to ten different organizations, she gives \$1,000 to one. I've found it hard to select just one organization. But if I choose just a few, I can donate a larger sum to each of them.

For even greater impact, my college friend chooses a local organization. If she gives \$1,000 to a national not-for-profit, she is one of *thousands* giving at that level but at a local not-for-profit, she is one of perhaps only ten or twenty people giving at that level. Her \$1,000 gift is much more important to a local not-for-profit organization — and she is much more important to them, too.

The same philosophy works for a \$100 gift. A gift of \$100 is much more important to a small local organization — like Interfaith — than a \$100 gift to a large national organization.

CONSIDER VOLUNTEERING — IT'S GOOD FOR YOU AND INTERFAITH

Among all of the local not-for-profits competing for your charitable dollar, which one (or few) should you select? I think it's a good idea to choose local organizations that have a "lean" administrative structure. That way, more of the charitable donation goes to the cause rather than overhead.

Not-for-profits can achieve a lean administrative structure by relying on volunteers. Did you know that Interfaith depends on *85 to 90 regularly returning volunteers* and more than 400 others who help at least once per year? The 85 regularly returning volunteers come every week to help on the front desk, work in the thrift shop, distribute food in the pantry, and perform other administrative tasks.

The hundreds of individuals who volunteered at Interfaith last year donated 22,360 hours of service. What a powerful statistic that is!

At one point I thought I would give time *or* money to an organization, but not both. But then I realized: why not give to an organization that I knew would use my donation wisely, and where better than the organization for which I volunteered.

BRING YOUR PASSIONS TO LIFE THROUGH CHARITABLE GIVING

Recently, I attended a seminar about fundraising for not-for-profits. One of the speakers said that organizations have to find donors with a passion for their cause. If you want to help people meet their basic needs — that's my passion — Interfaith is worthy of your consideration.

Because I volunteer as a grant writer for Interfaith, I have learned a lot of great information that I've summarized in the sidebar on the next page. Knowing these statistics makes me feel good about donating money to this organization. If you make a donation to Interfaith this year, you can feel really good about it, too!

MAKE CHARITABLE GIVING SIMPLE

The simplest way to give is to write a personal check. Interfaith relies on individual donations to continue its important work. They are not a United Way funded organization and receive only one small grant from the fed-

According to a CNNMoney article, "Naming an IRA beneficiary is like having a will for your IRA and may even be more important, especially since IRAs are the major asset of many estates."

If you have thought of making a donation to Interfaith but haven't done so, consider this: A 2009 Harvard Business School study found that charitable giving makes people happier. Personal spending was unrelated to happiness, but even controlling for income, higher giving was associated with greater happiness.

eral government each year. Interfaith is almost entirely funded by individual donations as well as foundations and annual events, like the upcoming South Shore Walk. If you are planning on walking — or you encourage your friends to do so — you are making a much appreciated donation to Interfaith.

Also, donate your gently used clothing and household items to the Bureau Drawer Thrift Shop. All of the money from Thrift Shop sales is used to support Interfaith's programs.

But there are other simple things you can do. No one likes to consider death, but it is a fact of life. Pre-planning ensures that the dying person's wishes are honored and the burden on the family is eased.

If you have an IRA or a life insurance policy, make Interfaith at least a partial beneficiary. Life insurance and IRA monies go directly to the beneficiaries; they are entirely separate from a will.

It is easy to name a beneficiary. For a life insurance policy, you simply tell the insurance company how much you want to direct to Interfaith — say 10 percent. For an IRA, you simply tell the bank or mutual fund, or whoever holds your IRA, how much you want to direct to Interfaith — 10 percent, for example. If you have online access to your IRA, you simply log in and specify a percentage. You don't have to deal with legal fees or technical language; you simply specify a percentage.

If you have a will — and don't keep putting it off — remember Interfaith with a portion of your estate. Recently, Interfaith was named as a five percent beneficiary of an estate. This money made it possible for Interfaith to pay for a desperately needed new roof! Your donation to Interfaith can make a real difference for future generations.

Sandra Johnson volunteers as a grant writer for Interfaith Social Services. She was recently appointed to Interfaith's board of directors.

If you are thinking of volunteering consider this: A 2008 German study demonstrated that volunteering increases life satisfaction. Volunteering can make you happier!

ARE YOU FAMILIAR WITH ALL OF THE SERVICES AND PROGRAMS THAT INTERFAITH PROVIDES TO THE COMMUNITY?

Each year the organization:

- Serves food to more than 18,000 people annually, including more than 6,000 children and 2,000 seniors. In Massachusetts, the fastest growing segment of the "food insecure" (meaning those who do not have reliable access to a sufficient amount of food to maintain a healthy life) is those 65 years of age and older.
- Helps more than 450 people avoid homelessness through the **HomeSafe** program.
- Serves thousands of shoppers a year at the **Bureau Drawer Thrift Shop**, which generates a significant portion of the money that Interfaith needs to operate. There are almost no overhead costs since the Thrift Shop is entirely run by volunteers.
- Provides mental health counseling on a generous sliding scale, particularly to those without health insurance, some of whom Interfaith counsels for free. Even though Massachusetts requires people to have health insurance, many working poor do not have it. They make too much money to qualify for MassHealth but too little pay for private insurance.
- Makes more than 1,500 visits with grieving families and suffering patients at Quincy Medical Center through the chaplaincy program.
- Provides Thanksgiving meal baskets to more than 800 households and helps nearly 600 children receive Christmas gifts through the Help for the Holidays program.

Denise has only been coming to **MEET OUR clients**

Interfaith's food pantry for the past two months. She and her 17-year-old son recently relocated to the South Shore after fleeing an abusive relationship. She had a good job and things were looking up until she was laid off. Now she is struggling to pay the rent needed to keep a roof over her small family's heads. She receives too much money from her unemployment benefit and consequently does not qualify for federal SNAP (food stamp) assistance. Coming to Interfaith's food pantry makes it possible for her to get through the month. "It seems like our expenses keep going up," said Denise. "Before we came here we had to choose between paying for food or rent."



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.



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JOIN US FOR THE SOUTH SHORE WALK AND FAMILY FUN CELEBRATION!

OUR 39TH ANNUAL WALK! | SATURDAY APRIL 20, 2013 | DETAILS ON PAGE 1
SCENES FROM THE 2012 POST-WALK FAMILY FUN CELEBRATION...



Thomas Chenette and Michael Lee of Braintree with their raffle prize winnings at the Family Fun Celebration (top left). Inga McLaughlin of Vancouver, Stephanie Ettinger de Cuba, Gaby and Israel de Cuba of Arlington share a laugh (center). Stephine Melnick of Quincy has her face painted by Kirstyn Quagleri of Hull (right). Maureen "Jellybean" Mahoney of Whitman and Maureen "Punky Doodle" Yalenezian of Hansen entertained the children (bottom left). PHOTOS BY DANA STUART HANSEN