

Good Morning Morristown

Drastic cuts to the Food Stamp program make breakfast unaffordable for many people. But generous donations at our Share the Bounty fundraiser last year helped us start a new Breakfast program.

The hearty fare includes hard-boiled eggs, oatmeal, coffee, fruit and the ever popular bagels or English muffins toasted to order by volunteers.

Initially offered twice a week, the additional meal is now served 5 days per week. Morning attendance quickly rose from 12 guests to as many as 75 per day.

**With your support we've served
over 10,000 breakfasts.**



Amy Roberts is a Soup Kitchen Youth Council member and breakfast volunteer.

Meals and Medical Care Under One Roof

Recently, a guest stopped at our nurse's station in the dining room to request a check-up. Her blood sugar level tends to run high, and she wasn't feeling well that day. Though she looked fine, Nan Verhoef one of our volunteer Presbyterian Parish Nurses checked her anyway, and it's a good thing she did! The woman's blood glucose was off the charts at 529, a dangerous level that causes long-term organ damage. Nan sent her directly to the ER which probably saved her life.



Nan Verhoef, RN chats with a guest while monitoring his blood pressure at the nurses station in the dining room.

Navigating the healthcare system can be intimidating and expensive for anyone. Nan and fellow volunteer nurse Peg Warshaw are able to put guests at ease in the familiar surroundings of the Soup Kitchen dining room. While providing accessible, free care every Friday, they help with big and small issues.

Eighty percent of the guests struggle with chronic health conditions so the nurses provide screenings for diabetes and high blood pressure. They also treat skin conditions, provide wound care, dietary counseling and prescription medication education. Many of our guests rely on Nan and Peg as a trusted source of accurate medical information who will take the time to listen and give sound advice.

Most days at the Soup Kitchen are less eventful. Nan enjoys being a valuable resource for individuals with so few options. And we appreciate our nurses' dedication and loving care of the guests.



Innovative Network Designs

Sponsor the Day

“At Peapack-Gladstone Bank, we strive to do the right thing for the right reasons; and we could not have thought of a more fulfilling way to begin the holiday season than sponsoring a day at the Soup Kitchen.”

*Rosanne Schwab
Assistant Vice President
Peapack-Gladstone Bank*

Thank you to the following teams for Sponsoring the Day recently:

Bayer (4x)
Vistage
Securitas Security
Robert Half Technology
Ferring Pharmaceuticals
Wyndham Hotel Group (2x)
KPMG
The Garibaldi Group
The Ghaffari Family
The Cozza Family
Innovative Network Designs
The Stavros Family
Nestle Health Science
Morristown Medical Center

For more info about our *Sponsor the Day* program, please contact Director of Operations Lois Nichols at lois@cskmorristown.org.



The Dolce Team

Dolce Basking Ridge

Every two weeks our van picks up 30 trays of delicious food at Dolce. Their donations provide tasty variety to the diet of Soup Kitchen guests. Dishes like lamb are a savory treat in our dining room.

Kevin Knauss, Dolce’s Director of Food and Beverage said, “Dolce is committed to strengthening ties to the community. We produce a large volume of food for our international clientele so donating our leftovers to the Soup Kitchen is a team commitment. Plus the staff thinks its awesome.”



About the explosion at the Soup Kitchen....

There was an explosion (two jars of tomato sauce) and an avalanche (of sliding canned goods), but no worries!

Delbarton’s annual 18 wheeler delivery of canned goods at the Soup Kitchen is always an exciting time. The boys quickly restored order and neatly stacked 58,000 lbs. of desperately needed food. We truly appreciate the hard work and continued generosity of Delbarton families and faculty.

Share the Bounty - April 16th

*Caritas Recipient Mary Gannon
embodies the spirit of the Community Soup Kitchen*

For 20 years Mary Gannon has faithfully attended Community Soup Kitchen Board meetings. She only missed three of them – an impressive record, but that is not why she is to receive the 2015 Caritas Award.

Mary is a regular breakfast volunteer, and she never fails to bring delicious Scottish scones. She whisks them directly from her oven at home to the breakfast line while they are still hot. She even brings the strawberry jam. Guests are delighted by the treat, and they adore Mary because she connects with them. She takes every opportunity to chat, and both parties clearly enjoy the interaction.

On Thursday afternoons Mary can usually be found volunteering at our Free Farmer's Market. Of course, she would never walk in empty handed.



Mary arrives with homemade chocolate chip cookies and juice boxes for the children. While they munch happily on her snacks, the moms get a moment of peace while selecting fresh produce, meat, milk and eggs. Mary's small acts of kindness make difficult lives a bit easier.

Whether she is drying a mountain of trays in the kitchen or organizing the three congregations that make up the Florham Park team, Mary feels fortunate to have a place close by where she can do meaningful volunteer work. As Mary says, "I can't

fix all the problems of the world, but I can feed people who are hungry for food, compassion and love. Everyone who helps at the Community Soup Kitchen is part of the mission. We are here to care for others."



Share the Bounty Cocktail Party Buffet and Silent Auction

Thursday, April 16, 2015

at six in the evening

Madison Hotel

Tickets are \$60 per person.

Visit our website at www.cskmorrystown.org
for details.

We look forward to sharing the evening with you.





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Madison Hotel

Hope, Patience and a Guiding Hand

Bob led a normal life until a serious heart condition prevented him from working. He applied for disability, but he was always sloppy about paperwork and his claim was denied because he didn't have all the necessary forms. Feeling defeated and worn down, he never bothered to reapply for benefits that he surely would have qualified for. Unable to pay rent, Bob lost his apartment. He's been homeless ever since - nine long years of living in the woods.

It wasn't until he met Carol Ferraro, Community Advocate for the Soup Kitchen, that things started looking up. Carol worked at the Social Security Administration for 25 years so she understands the convoluted

disability process. She also has the determination to get people what they deserve.



Carol Ferraro follows up with a Soup Kitchen guest.

Carol helped Bob fill out a new disability application at the Soup Kitchen in August of 2013. Next came two more denials and a hearing. Carol guided and encouraged Bob through each step of the long frustrating process. Finally, this past December, his disability benefits were retroactively approved back to August of 2013. Now Carol is helping Bob find a place to live.

Thanks to your support, Bob and many others find food, hope, and opportunities to improve their lives at the Community Soup Kitchen.