

## Sincerely Seeking

- Three mice to work with eMacs.
- PC Computers less than 2 years old - tower or laptop.
- Eight flat screen monitors.
- Healthy snacks for our after school programs.
- The GED Program is looking for ten FX 260 Solar Calculators for student's use in class.
- 16 - 20 stacking chairs for our conference room.

## May 3 is The Walk for Hunger!

Walk with the Beverly Bootstraps Team  
or Sponsor us by logging onto  
[www.projectbread.org](http://www.projectbread.org)

## How Can I Help?

Give us your Good stuff! Our Thrift Shop is always looking for items to sell. While you redecorate a room or clean out your closet this spring, bring us those no longer needed, resalable items.

Especially popular is furniture in good condition, costume jewelry, fashion accessories, household items and small appliances. Clothing that is seasonable and in style is also appreciated.

Due to a new law concerning lead poisoning, we can no longer accept children's clothing that has plastic or painted metal zippers, rhinestones or other embellishments. Children's toys must be limited to new toys meant for ages 6 and up.

Bring your donations to the Thrift Shop, 198 Rantoul Street, Beverly. Phone number for furniture pickups: 978 921-4710.



# FOOD FOR THOUGHT

Spring 2009

## New Faces in Need

"I've never done this before, so I'm not sure what to do here," said Ray as he got to the front of the line at Beverly Bootstraps' Food Pantry. Representing the swelling numbers of recently laid-off and unemployed folks who've never been to our food pantry before, 46 year old Ray seems characteristically uncomfortable, eyes nervously darting around the food pantry. His wife is not working either and he tells us he wouldn't be here looking for help but he has to make sure they're able to eat while he continues to struggle to find work.

According to government reports, about 626,000 Americans filed for unemployment benefits in the first week of February, joining the ever-growing ranks of the 4.8 million Americans receiving unemployment benefits reported by the U S Labor Department.

Ray is now one of those affected, and is obviously uncomfortable and somewhat embarrassed to be standing in a food pantry asking for help. "I've supported my family just fine up till now," he states,

and is a little perplexed when we ask him what his annual income is. "Right now I have no income," he tells us. His unemployment starts in two weeks and he doesn't know how much he'll receive. Our pantry volunteers like Mimi Moss tell us that lately they've had lots of new clients with zero income to report on our intake form, victims of an economy in freefall who've exhausted all their job prospects, gone through all their savings and are desperately trying to keep food on the table. In fact, 35 % of the 2,193 men, women and children Beverly Bootstraps' Food Pantry served in a record-shattering 2008 had never been to the Food Pantry before.

As the rapidly growing numbers of families in our community continue to struggle with the basic needs of food, heat and housing, the many services we provide here at Beverly Bootstraps and the financial and in-kind support from our many wonderful donors continue to grow in importance.

7.5M 3/09

This newsletter is printed on 100% recycled paper

FOOD FOR THOUGHT

SPRING 2009

Return Service Requested

Beverly Bootstraps Community Services  
is a 501(c)(3) non-profit organization

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

PHONE: 978-921-4710

Sat 9:30 am - 1:30 pm

Mon - Fri 9:30 am - 5:00 pm

198 Rantoul Street, Beverly

**THRIFT SHOP**

FAX: 978-927-1553

PHONE: 978-927-1561

Mon - Fri 8:30 am - 4:00 pm

Beverly, MA 01915

371 Cabot Street

**BEVERLY BOOTSTRAPS  
COMMUNITY SERVICES**

*A Hand Up in Hard Times*



NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 88  
BEVERLY, MA

## I'm Out of Work - What do I do now?

With unemployment rates above 7% in Beverly, being unemployed is a common situation lately. If you know of someone in this position, here are some suggestions:

1. File for unemployment. Visit [www.unemploymentoffice.net](http://www.unemploymentoffice.net)
2. Become a member of the North Shore Career Center  
[www.nscareers.org](http://www.nscareers.org)
3. Meet with our Outreach staff for budgeting and finance advice.  
We will try to help you find resources for housing, child care, heating assistance and other expenses.
4. Use our Food Pantry every two weeks. You will receive enough food for about 3 days.
5. Talk to us about Job Training, Resume Writing and Skill Building.  
We provide classes that address computer skills, job searching and other basic skills.
6. Network, network, network with your friends and colleagues.  
Post your resume online and attend job fairs and professional meetings.



Beverly Bootstraps Community Services feeds people  
and provides programs to empower people to be able to feed themselves.

### PROGRAM HIGHLIGHT: Gift of Heat

In the winter of 2007/2008 a new fund was established at Beverly Bootstraps. During the holidays, donors amass funding to be used for our client's heating assistance during the cold New England winter.

This heating season, the fund has helped 35 families with oil, gas or electric heating bills totalling over \$11,000 to date. By assisting in this area, clients can use remaining income toward housing costs or other utility bills.

We expect other clients to come forward in need of help before the consistently warm weather arrives.

If you know of someone who could benefit from this program, please have them contact us.

Thank you to all the donors who participated and warmed those in need.

## Tom Gifford Food Pantry

### Food Pantry Hours:

11 am - 12:30 pm Monday - Friday  
Evenings from 5:00 to 6:30 pm on Tuesdays and Wednesdays.

The Food Pantry serves any Beverly or Manchester resident in need of food every 14 days. Please bring proof of residency in the form of a post-marked piece of mail.

### Donate:

Rice in 1 or 2 lb packages is especially needed. Toiletries, healthy snack foods and fresh fruit and vegetables are always appreciated.

## VOLUNTEER OPPORTUNITIES

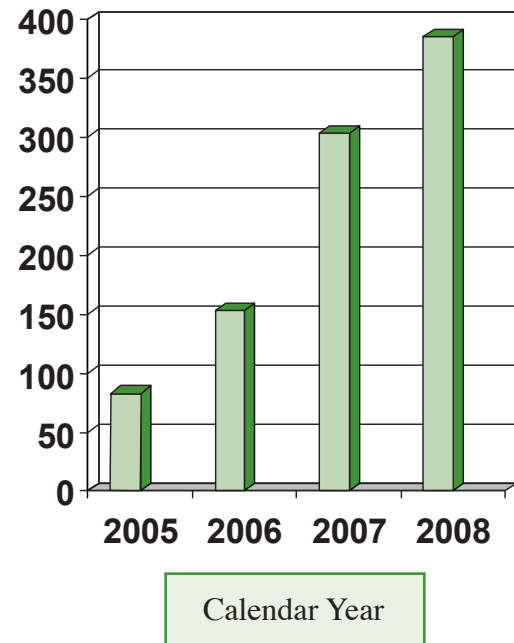
- Volunteer for weekly yard work and odd jobs.
- Drivers to pick up food donations from local markets and deliver to Beverly Bootstraps. Morning pick ups.
- Front Desk volunteers to greet visitors, log donations, answer phones, and perform general office duties.
- Physically-fit individuals needed to pick up and deliver furniture to the Thrift Shop. Vehicle not necessary.
- Seeking a volunteer to accompany staff on our regular trip to the Food Bank.

## VOLUNTEER CORNER

Frank Quinn is a mainstay in the Food Pantry every Tuesday. Whether he's helping us unload trucks, dealing with trash, ripping up cardboard boxes for recycling or stacking up jars of peanut butter, this big, strong, genial Irishman (who can occasionally be found at Kitty O'Shea's enjoying his Guinness) has devoted countless hours to Bootstraps. Frank typifies the many wonderful volunteers doing all the thankless and unglamorous jobs behind the scenes that make everything we do possible. His hard-nosed work ethic and easy sense of humor continue to brighten our Tuesdays each week. Thank you Frank and All our wonderful volunteers!



Outreach is serving more and more clients each year



## From Our Mailbox

Dear Julie, (Beverly Bootstraps Outreach Coordinator)

I can't even put into words the gratefulness that I feel. I could underline "thank you" 25 times, but that still does not show you my appreciation.

As you know, my husband's company was hit hard this winter due to the economic situation and I had to reach out for help. I am so thankful I walked through the door of Beverly Bootstraps and met you. Not only did you ease my nerves about asking for help, but you allowed me to rest easy knowing my children would have gifts to open on Christmas morning (every gift was so wonderful and age appropriate).

Then came the gift of fuel, which arrived at my home (with a smile) on Friday morning. "How can I be so lucky in these hard times?" I asked myself.

Please extend my appreciation to everyone at Beverly Bootstraps and all of the donors who are able to give to residents who need help.

Name withheld.

## Thrifty Shopping

### Good Stuff

Beverly Bootstraps' Thrift Shop is always a great place to shop. Treasures hide among the inventory - go hunting!

### Good Prices

Prices are low for everyone, but for those battling poverty, items can be obtained at a discount or even free with a voucher from Bootstraps' Outreach staff.

### Great Cause

All proceeds from our Thrift Shop go back into our important programs. Please help by donating clean, seasonal clothing, furniture in great condition, jewelry and accessories or small household items. Please note that due to a new lead poisoning law, we can no longer accept children's clothing with plastic or painted metal zippers, rhinestones or other embellishments. We are limiting children's toys to those that are new and appropriate for age 6 and up.

### Good Timing

Monday to Friday 9:30 am to 5:00 pm, and Saturday 9:30 to 1:30 pm. If you are interested in volunteering, call the store at 978- 921-4710, call the main office at 978 928-1561 or visit our web site at [www.beverlybootstraps.org](http://www.beverlybootstraps.org).

## BOOTSTRAPS SERVICES

### Hunger

Food Pantry  
SERVE Food Coop  
Community Gardens  
Summer Playground Lunches

### Case Management

Intervention and Advocacy  
Resource and Referral Services  
Heat Assistance  
Transitional Housing

### Clothing and Goods

Thrift Shop

### Education and Careers

Adult Literacy Classes  
GED Test Prep Classes  
English as a Second Language  
Career Counseling  
Financial Education Classes

### Children

After School Homework Club  
After School Teen Cyber Café  
Summer Reading Program  
Back to School Backpacks  
Adopt-A-Family Holiday Program

## Volunteer Appreciation Breakfast

Saturday, April 4th 9:00 - 11:00 a.m. First Baptist Church, 221 Cabot Street, Beverly.  
To honor your time and dedication!