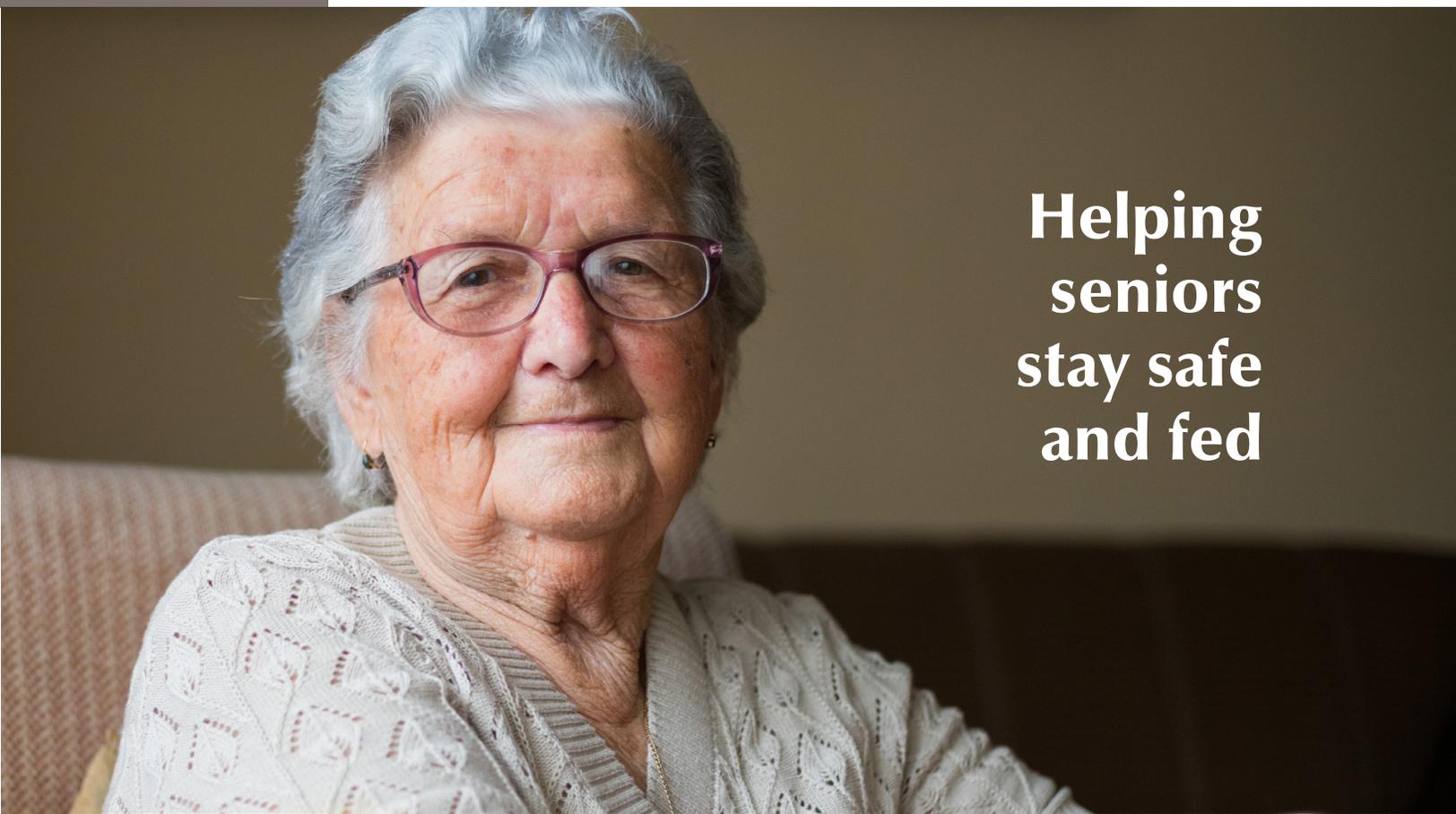


Spring  
Summer  
2021

**BB** Beverly Bootstraps  
EMBRACE · EDUCATE · EMPOWER

# FOOD *for* THOUGHT

*Strengthening our community one neighbor at a time.*



## Helping seniors stay safe and fed

This pandemic has hit many hard, but none harder than our senior citizens. Just going to the grocery store puts these folks in harm's way. As Gracie\* can attest, the food deliveries we've been making to several senior complexes have really made a difference.

Gracie started getting to know Beverly Bootstraps years ago when she volunteered in the Thrift Shop. She said it made her feel good to be able to help others. Then her husband passed from cancer, and she needed help herself. Unable to afford her rent anymore, she got evicted and turned to us for help finding a new home and paying her first month's rent. Ever since, she has been coming to the Food Pantry to continue to make ends meet.

That was, until the risk of exposure to COVID-19 made it too dangerous. Gracie was delighted when, a few weeks into the shutdown, Beverly Bootstraps started delivering food to her doorstep. "It was a real nice surprise," she said. Every time she had a bag delivered, she whipped up a batch of soup in her crock pot that would feed her for three or four

(cont'd on pg 2)

\*name changed and stock photo used for client privacy

# BECAUSE OF YOU...

## Helping seniors (from cover)

meals. She also enjoyed that there were often items she wouldn't have normally considered purchasing, like black beans. It turns out she loves them and they are also good for her health.

Gracie said emotionally, "In my darkest of times, Beverly Bootstraps has shined a light in my life. It can be overwhelming when you're going through difficult times, but these people always greet me with a smile and the utmost respect."

## Funding allows Tax Prep program to continue

Thanks to donors like you, and the funding from the United Way of Massachusetts Bay and Merrimack Valley, we were able to offer free tax return preparation to low-income households again. This year, with the program being extended until May 13, we had 340 appointments available to help people with their taxes.

## Extra boost to food budget with gift cards

We have been giving Food Pantry clients a \$25 gift card to Shaw's at each visit for the past two months to help provide relief to strained grocery budgets. The gift cards were provided by the Greater Boston Food Bank as well as a grant from the Beverly Shaw's and their Nourishing Neighbors program that took place over the holidays. They both aim to improve well-being and financial security by supporting people at their time of greatest need.



## Truck donation to restart furniture pick-ups

Wayside Trailers, a long-time supporter, recently donated a box truck to the Thrift Shop. In years past, Wayside did regular furniture pick-ups from local Thrift Shop donors and even had the truck branded with Beverly Bootstraps' information. Furniture pick-ups were put on hold during the pandemic for safety reasons, but we will start to collect small, unupholstered pieces again soon, now that we have the truck to use. Details forthcoming.



As always, if you have a furniture piece to donate, please email a photo of it to [donationpickups@beverlybootstraps.org](mailto:donationpickups@beverlybootstraps.org) for approval before arranging a delivery (or pick-up once they begin).

## Helpers Extraordinaire

Sisters Carol Martin and Janet Barr have been helping the Beverly Bootstraps cause for years. Not only have they volunteered in the Thrift Shop, and held food drives for us, but their most recent effort was a



fundraiser called "Pizza and Muffins for a Cause." They took their love of cooking and baking and sold homemade pizza and muffins to friends and neighbors. They provided food made with care, and in return, generously donated their profits back to those less fortunate in the community.

# HELPING THOSE IN NEED

## New tool to save time and backs

A new hydraulic lift was just installed in the loading area of the Food Pantry. The lift was funded through the Food Insecurity Infrastructure Grant from the state, and it enables staff to unload food in a more efficient and much safer way. With less frequent pick-ups allowed, the amount of food in each delivery from the Greater Boston Food Bank has increased greatly. In the past, multiple staff had to remove the individual contents of each pallet from the truck, manually lower it all to the ground, and then restack it in the Food Pantry. With the new hydraulic lift, one person is now able to move full pallets onto the lift, lower them hydraulically and then wheel them into the pantry.

## Summer camps to help children's mental health

With the state's loosening of COVID restrictions and allowing summer camps to operate this season, we too will be reinstating the Summer Camp Program. With children's mental health in jeopardy due to social isolation during the pandemic, it is a huge relief to parents and



children alike to be able to reconnect with their peers, gain exposure to different activities, and get more physically active

this summer. Thank you to the J. Owen Todd Foundation whose generosity is making this possible.

## CASAS helps students learn

We are starting to implement a new system called CASAS in our ESOL class to help evaluate students' ability levels and then teach a curriculum based on that level. This actually allows us to do more personalized teaching and gives our English language learners a goal to strive for and a way to know when they've reached it.

## Student dedication pays off with diplomas earned

Since virtually reopening the Adult Education Programs in the fall, we have helped eight students to achieve their HiSET diplomas. It takes hard work and extreme dedication, especially during times like these, for students to be able to reach their goals. Here is a happy message from one of our graduates:

"For years I looked at completing (my HiSET) as a big mountain that I could never get up. I'd get halfway and then fall down. Having someone in your corner that wasn't judgemental with a situation like this makes a WORLD of difference. Throw in being a single mom needing to work full-time with a struggling kiddo - and my needs didn't matter. But this year and this time was different and I couldn't have done it without you!"



Watch for an upcoming Community E-newsletter story as we celebrate our students.

## Nourish your neighbors in need at our Drive Thru Food Drives

You can show your neighbors in need that you care by participating in our upcoming Drive Thru Food Drives. On Saturday, June 5, and Saturday, September 11, from 10am-2pm, we'll be holding a Drive Thru Food Drive at our 35 Park Street facility. Just grab an item (or several) from the list to the right, pull up into our parking lot and pop your trunk. Our staff will get your donations out for you.

### Top 10 List

- Peanut butter
- Boxed pasta
- Mac & cheese
- Canned veggies
- Rice
- Cereal
- Soup
- Canned tuna
- Spaghetti sauce
- Canned chicken

# IN RESPONSE TO COVID-19

## Adjusting to the changing needs of seniors

After a few weeks of the pandemic, the Food Pantry staff noticed that our senior citizen clients were no longer coming to the Food Pantry for the food they traditionally depended on. Knowing that they were still in need, we started to figure out ways to get food to these most vulnerable members of our community, without necessitating them to go out in public and possibly getting exposed to the virus. After a successful trial period at the Turtle Woods/Turtle Creek senior low-income apartments, we began collaborating with other senior complexes in the community to deliver food right to their doorsteps. In addition, we began supplying the Senior Center with food to deliver to their members. By serving our seniors in new ways, we saw a large increase in food distribution during the pandemic, and we were also able to keep our elders safe and nourished.



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## Another program pivots to virtual

By pivoting to having volunteers prepare tax returns remotely, we were able to offer the Tax Program to low-income households this year. After being forced to shut the program down midway through last year, we worked diligently to develop a remote option that would limit human contact and allow us to safely provide this service to our clients. After a brief intake appointment with staff, during which client documents are scanned, volunteers work from the comfort and safety of their own homes to prepare and file client tax returns as well as all tax credits they may qualify for. If there are questions, volunteers can contact clients over the phone. Clients then schedule an appointment to pick up a copy of their completed return at the building.



## Going green with solar

More than 100 solar panels were recently installed on the rooftop of our 35 Park Street building. Resonant Energy and Rise Up Solar work together to bring solar projects to non-profit organizations. Through this collaboration, no up-front investment was required from Beverly Bootstraps and the organization will save on electricity costs for years to come. Not only does this turn our empty roof space into a valuable asset, but by helping the environment, it's also another way for us to support our community in a meaningful way.



## Please watch our video



Please take a moment to watch our video to see an insider's view of how we've pivoted programs to be able to continue delivering our services safely during these challenging times at:

<https://youtu.be/JrJm0z0WKiw>

# HOW YOU CAN HELP

## Help get kids ready for back-to-school

What a year it's been! We have high hopes that things are getting back to our new normal and believe it or not, we're thinking about September already. You can help now by participating in our annual school supply drive to provide children in need with backpacks and school supplies so they are ready for fall.

You can get involved in two ways. Use this link to shop online: <https://www.roonga.com/beverlybackpacks2021>

...or join in any of our three July Community Collection Nights to drop off supplies in person:

- **Tuesday, 7/13, 5-7pm, Manchester Community Center, 40 Beach Street, Manchester**
- **Wednesday, 7/14, 5-7pm, Winthrop School, 325 Bay Road, Hamilton**
- **Thursday, 7/15, 5-7pm, Beverly Bootstraps, 35 Park Street, Beverly**

However you donate, you'll be helping local children be prepared for academic success and lessen the financial burden for families. Thank you for your generosity, and please contact Development Coordinator Deb Ploszay with any questions, 978-927-1561 x113.



### School supplies needed:

- Backpacks (approx size 17"H x 13"W x 9 1/2"D)
- High school backpacks (with padded computer sleeve, approx 19"H x 13"W x 7 1/2" D)
- No. 2 pencils (10-pack)
- Pens (blue, black)
- Pencil top erasers
- Pink erasers
- Pencil sharpeners with 2 holes for different sizes
- Thin markers package (10-count)
- Thick markers package (8-count)
- Colored pencil package (12-count)
- Crayon package (24-count)
- Dry erase markers (fine tip)
- Child-friendly scissors
- Glue sticks
- Spiral notebook - 1 subject, wide ruled
- Spiral notebook - 1 subject, college ruled
- Composition book - wide ruled
- Composition book - college ruled
- Pocket folders (plastic preferred)
- Hard pencil case
- Soft pencil pouch with three-hole grommets
- Highlighters



*"I've always respected those who tried to change the world for the better - rather than just complain about it."*

*-Michael Bloomberg*

We agree. Remember Beverly Bootstraps in your estate plans... it's an act of kindness that reaches far into the future.

For more information, contact the Development Office at [gifts@beverlybootstraps.org](mailto:gifts@beverlybootstraps.org) or 978-927-1561 or visit [BeverlyBootstraps.org](http://BeverlyBootstraps.org).

**BB** **BeverlyBootstraps**  
EMBRACE · EDUCATE · EMPOWER

## HOURS

### OFFICE & SERVICES

35 Park Street, Beverly  
PHONE: 978-927-1561  
BeverlyBoostraps.org

*For Case Management services,  
please fill out form at  
[www.bit.ly/bootstraps\\_help](http://www.bit.ly/bootstraps_help)  
or call the number above.*

### THRIFT SHOP

198 Rantoul Street, Beverly  
PHONE: 978-921-4710  
M, W, F 10:00am-5:00pm  
Tu, Th 10:00am-4:00pm  
Sat 10:00am-2:00pm

### FOOD PANTRY HOURS

M, Th 10:00am-2:00pm  
T 2:00pm-6:00pm  
W 10:00am-6:00pm



## Welcome to our new Director of Development and External Affairs

We are excited to introduce Chris Nazareth, who started with us at the end of April. A seasoned fundraiser, Chris has most recently spent time as the Associate Director of Development at Hearth, Inc. and as the Boston Director of City Service Mission. Originally from Rhode Island, Chris, his wife, daughter and pup, now call Beverly home.

## More Shopping Time

If you haven't already taken advantage of the Thrift Shop's extended shopping hours, please stop by! We are now open until 5pm on Mondays, Wednesdays and Fridays. Full hours are:

### Shopping hours:

M, W, F: 10am-5pm  
T, Th: 10am-4pm  
Sat: 10am-2pm

### Donating hours:

M-F: 10am-4pm  
Sat: 10am-3pm

The Thrift Shop provides one third of the revenue that supports Beverly Bootstraps' programs and services.

# JOIN THE CIRCLE OF HOPE



When you join the Circle of Hope, your automatic monthly recurring gift will provide a steady flow of hope to our clients.

Hope is believing things can change. Hope is what we, with your help, provide our clients.

Please join the Circle of Hope. Because with hope, everything is possible!

To join, go to: <http://weblink.donorperfect.com/bootstrapscircleofhope>

**Thank you for giving back locally!**

For more info, see [BeverlyBoostraps.org](http://BeverlyBoostraps.org), visit our online event calendar and follow us on  and 

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