



BE GENEROUS AND DO GOOD.

SPRING 2018
VOLUNTEER NEWSLETTER

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THANK YOU FOR YOUR SERVICE

We are so very proud to have you as part of our team.

Welcome to the first edition of ECS' volunteer newsletter, *Be Generous and Do Good*, which we are launching to coincide with National Volunteer Week.

In this issue, you will learn about the great work our volunteers are leading throughout the region. You will also get an idea of the range of ECS' volunteer opportunities, and learn details for upcoming events. We hope that you'll enjoy learning more about people you volunteer alongside, and find additional ways to be part of the positive changes we create with you.

There is no way we could repay you for all you give to ECS, but I am very happy to, here, be able to say thank you on behalf of our staff, the Board of Trustees, and our participants!

It is especially nice to give each and every one of you the thanks you deserve—to showcase your commitment to our shared community. National Volunteer Week is what celebrating the impact of volunteer service and the power of volunteers to benefit the communities where they live.

We have different kinds of volunteer opportunities, but what make each opportunity so special is you! Each one of our volunteers is special, and I am so glad you have chosen to share your time and talents with ECS. No one can beat the service and compassion you help provide through your efforts.

It is such a privilege to work with each of our volunteers, and we are so very proud to have you as part of our team.



Nancy DeLaura
Manager of Volunteer Programs

*If you have any questions or ideas for future editions of *Be Generous and Do Good*, please send me an email at nancyd@ecsphilly.org.*



VOLUNTEER UPDATE: COOK-OFF

Cook-Off volunteers gather every month to assemble 200+ nutritious dinners for frail seniors throughout Philadelphia.

The program resumed in March after a temporary halt of services due to a brutal flu season. In a record amount of time, 200 meals were packed in the dining room of St. Barnabas, our shelter for women and children experiencing homelessness.

We welcomed ECS' Young Friends Circle to March's Cook-Off and were happy to have their energy and enthusiasm for the cause. The room was filled with a lot of good-natured conversation. Thank you, Young Friends!



Photo courtesy Skyler Jenkins via ThisIsNorman.com.

THIS IS NORMAN: COMMUNICARE PARTICIPANT & TRAVELIN' MAN

His long-time dream of going to Italy is about to come true.

Kathleen answered the call to volunteer for ECS' companionship program, Communicare, after seeing an ad on the website Volunteer Match. She felt Communicare was appealing because of the ability to build a relationship with one person.

Kathleen quickly hit it off with the older gentleman she was matched to, Norman. Norman is blind and had recently retired and needed help with his mail and writing checks. Norman and Kathleen's relationship quickly became a friendship. She learned that Norman spoke Italian like a native and had dreamed of one day going

to Italy. However, Norman had two barriers preventing him from getting to Italy: finances and his vision. Enter Kathleen!

Kathleen is going to school for her master's degree and decided to create a documentary of Norman and how he navigates through his daily life. This sparked the idea for Kathleen to start a crowd fundraising page so she could get Norman to Italy for his 67th birthday.

As Kathleen says, "Norman is so special and is always willing to help others." This was her way to make his dream a reality.

You can follow their adventures stateside and in Italy at thisisnorman.com.

"Norman is so special and is always willing to help others."

VOLUNTEER OPPORTUNITY: THE RISE INITIATIVE

Volunteers play a crucial role in the success of people in the RISE Initiative.



At Speed Networking events and Mock Interviews, participants can interact with professionals and apply the skills they've gained in the program. From these interactions, our participants are able to build confidence, establish connections, and gain a better understanding of professional culture.

Each professional that volunteers offers professional expertise in his or her field and insight in to Philadelphia's workforce trends. This is a vital asset to people learning professional skills. We love having these volunteers as part of our RISE family, and hope to see new faces in the spring cohort.

VOLUNTEER SPOTLIGHT: PAT HENNINGSEN AND NEIGHBORS

In November 1984, WinterShelter opened its doors for men experiencing homelessness.

Housed in the basement of Trinity Memorial Church, a hallmark of WinterShelter is the hot meals volunteers provide to guests.

Pat Henningsen, a lifetime resident of the Filter Square neighborhood, and her neighbors around Croskey Street stepped in to provide nightly meals. Collectively, these neighbors have faithfully been scheduled to serve twice a week, November through April (the months in which the shelter operates).

Pat also serves as a weekly supervisor for WinterShelter volunteers. We are so lucky to have dedicated volunteers like Pat and the neighbors of Croskey Street. Thank you!

3,828

HOURS GIVEN IN TIME BY OUR VOLUNTEERS LAST YEAR

2,400

MEALS PREPARED BY COOK-OFF VOLUNTEERS FOR FRAIL SENIORS EACH YEAR

Learn more about new partnerships, community-wide events, pilot programs, and the success of our participants. Visit ecsphilly.org/blog.



THANK YOU FOR YOUR CARING HEARTS

We would like to acknowledge the service of our compassionate Dolphin volunteers. Thank you for commitment.

FIRST YEAR

John Gallo
Naomi Johner
Carol Koman
Conor McCauley
Ebony McDonald (returned)
Barbara Moore
Annamaria Musso
Mary Newett
Alexandra Radu
Dianne Scelza
Kelli Wargo

TWO YEARS

Ana & Carlos Bueno
Sureka Chalamalasetty
Nikki Diamond
Mary Kay Fahy
Faith Fenderson
Brittany Flickling
Alana Hausker
Alex, Aiden & Sandra Judd
Paul Krauth Jr.
Virginia Kyle
Katie & Nancy Munyan
Kristen Shimer
Janemarie Smith
Judith Switzer
Michelle Veronica

THREE YEARS

Charles Brennan
Madeline Cook
Gina Hanna
John House
Lisa Krieger
Carolyn McKenna
Joshua Schrier
Nancy Vendetta

FOUR YEARS

Barbara DeFeo

FIVE YEARS

Patty Abramson
Roxanne Anhalt
Donna Force
Ron, Henry, William, and Peter Hicks
Trish Minge
Connie O'Brien
Marita Podder
Wanda Tarawaly

SIX YEARS

Christina Aborlleile
Tom Glancy
Janet Steiner

EIGHT YEARS

Ray Shetzline

NINE YEARS

James Henry

10 YEARS

Sarah Eckrich

11 YEARS

Josh Bartek

12 YEARS

Judy Shahriari

14 YEARS

William Petty

19 YEARS

Sally Curley

VOLUNTEER OPPORTUNITY: DOLPHIN COMPANIONS

Dolphins of Delaware Valley is now Dolphin Companions.

Last year the activity expanded into Langhorne and Quakertown—beyond the Delaware Valley and necessitating the new name. A beloved program to new and long-time supporters, Dolphin Companions reach out in friendship to individual elderly residents of nursing and retirement homes. Residents are confined to a smaller world than ours, but their humanity and dignity still shine brightly when given the opportunity. We currently need volunteers in Wallingford, Lafayette Hills, West Chester, and in Northeast Philadelphia. If you are interested in sharing an hour a week with a lonely senior, please contact Marilyn Knox, volunteer coordinator, at marilyn@ecsphilly.org.

VOLUNTEER SPOTLIGHT: MRS. WENDY BROWN

We are so blessed to have someone like her on our team.

We would like to recognize Mrs. Wendy Brown for being a phenomenal and dedicated volunteer with our Out of School Time and youth programs.

Mrs. Brown is a retired elementary school teacher who worked at the Out of School Time (OST) program for more than 15 years. In 2014, she was recognized for her hard work, as she received the Kelch Award, our award for exemplary staff. Additionally, in 2016, Mrs. Brown became one of OST's Community Leadership award recipients.

After retiring, Brown still felt the need to volunteer at ECS' OST program and is now serving at the West Philadelphia Achievement Charter Elementary School (WPACES) site.

Mrs. Brown is not only a volunteer, but a program parent, too. Her children, who are now employed by ECS, grew up in our OST program and were participants as school-aged children. Mrs. Brown can be seen helping in a bunch of different ways at WPACES, but the biggest gift Mrs. Brown gives is helping the students flex their literacy muscles.

Mrs. Brown is also so admired by staff because of her strong faith and relationship with God. Her commitment to the students is just as strong. We are so blessed to have someone like Mrs. Brown on our team, and for that, we thank her.



MEAL IDEA: TEX-MEX LASAGNA

Bring this dish the when you volunteer at WinterShelter (or try it at home).



Photo courtesy epicurious.com

INGREDIENTS

- 1 1/4 pounds ground beef
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 12 cups salsa
- 1 can (16 oz) refried beans
- 1 can (15 oz) black beans, rinsed and drained
- 1 can (10 oz) enchilada sauce
- 1 can (4 oz) chopped green chilies
- 1 envelope taco seasoning
- 1/4 teaspoon pepper
- 6 flour tortillas (10 in)
- 3 cups shredded cheddar jack cheese, divided
- 2 cups crushed tortilla chips
- (Optional Toppings: Sliced ripe olives, guacamole, chopped tomatoes, and sour cream)*

DIRECTIONS

1. In a large skillet, cook beef and onion over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain. Stir in the salsa, beans, enchilada sauce, chilies, taco seasoning and pepper; heat through.
2. Spread 1 cup meat mixture in a greased 13x9-in. baking dish. Layer with two tortillas, a third of the remaining meat mixture and 1 cup cheese. Repeat layers. Top with remaining tortillas and meat mixture.
3. Cover and bake at 375° for 30 minutes. Uncover; sprinkle with remaining cheese and top with tortilla chips.
4. Bake 10-15 minutes longer or until cheese is melted. Let stand for 10 minutes before serving. Garnish with olives, guacamole, and tomatoes and sour cream if desired. Yield: 12 servings.

VOLUNTEER OPPORTUNITIES

BE GENEROUS AND DO GOOD

Community Cook-Off

Cook-Off volunteers gather every month to assemble 200+ dinners to be distributed to frail aging adults in the City of Philadelphia. No cooking is involved, so your time commitment is limited and easy to fit into a busy schedule.

Location: *St. Barnabas Mission*

Date & Time: *Third Sunday of every month*

Be a Companion

Our companionship programs for the elderly carefully match volunteers to an isolated aging adult either living independently in Philadelphia or in a nursing home or assisted living facility in the Philadelphia suburbs.

Location: *Matched for your convenience*

Date & Time: *Based on your schedule*

Serve a Meal

Meals served at The Darby Mission and WinterShelter offer both sustenance and community. Volunteer groups are asked to provide and/or serve a meal, sharing it with the people we serve.

Location: *Darby, PA or Center City*

Date & Time: *Evenings, dates vary*

Afterschool Tutor

Assist the elementary and middle school students in our Out of School Time program with reading, writing, math, homework, and study skills.

Location: *Various*

Date & Time: *Weekdays 3:00-6:00pm*

Children's Party/Activity Host

Host a children's party at St. Barnabas Mission! Get creative with your theme and plan a party for the moms and their children. Hosts bring snacks, crafts, and/or games for a fun filled afternoon with our families!

Location: *St. Barnabas Mission*

Date & Time: *Sunday afternoons, select dates*

Speed Networking Panelist

Share your career story with the young men and women in our workforce development program, The RISE Initiative. Volunteers speak to the young adults about their occupation and the steps they took to get there.

Location: *Main Office*

Date & Time: *Quarterly, 5:30-7:30pm*

Lead a Goods Drive

Help ECS provide necessities to our participants by organizing a donation drive at your place of worship, workplace, or in your community! Some of our most needed items include: non-perishables, canned goods, condiments, baby food, books, and diapers.

Location: *Various*

Date & Time: *Based on your schedule*

Community Food Cupboard

Volunteers (individuals or groups up to three people) are needed to help organize the food pantry and assist with food distribution.

Location: *St. Barnabas Mission*

Date & Time: *Tuesday-Thursday, 9:30-11:45am*

FOR MORE INFORMATION

Visit ecsphilly.org/volunteer or email us at volunteer@ecsphilly.org with your area of interest.



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UPCOMING EVENTS: SAVE THE DATES

RISE Speed Networking

Location: ECS Main Office (225 S. 3rd Street, Philadelphia, PA 19106)

Date & Time: Wednesday, May 2, 2018, 5:00pm–7:00pm and Wednesday, May 22, 2018, 11:00am–1:00pm

Cook-Off

Location: St. Barnabas Mission (6006 W. Girard Avenue, Philadelphia, PA 19151)

Date & Time: Sunday, May 20, 2018, 1:00pm–2:00pm

Seeing Youth Succeed Culminating Event

Location: ECS Main Office (225 S. 3rd Street, Philadelphia, PA 19106)

Date & Time: Saturday, May 19, 2018, 12:00n–3:00pm

RISE Graduation

Location: ECS Main Office (225 S. 3rd Street, Philadelphia, PA 19106)

Date & Time: Thursday, May 24, 2018 12:00n–2:00pm

Cook-Off

Location: ECS Main Office (6006 W. Girard Avenue, Philadelphia, PA 19151)

Date & Time: Sunday, June 17, 2018 1:00pm–2:00pm

If you are interested in learning more or attending any of these opportunities, please email Nancy DeLaura at nancyd@ecsphilly.org.

“It is one of the beautiful compensations of life that no man can sincerely try to help another without helping himself.”

- RALPH WALDO EMERSON



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