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## Beth-El Center Newsletter

Fall 2017

As I write this message, we are in the final planning stages for our 6<sup>th</sup> **Annual Trick or Trot 5K Run/Walk** to raise awareness of the issues of hunger and homelessness in our community. The law firm of Harlow, Adams and Friedman, P.C. and Sikorsky Credit Union partnered with the Beth-El Center six years ago to become the major sponsors of this event and it has grown exponentially each year in the number of runners and walkers. For many years, the faith communities sponsored this event as a furtherance of their commitment to the mission of the Beth-El Center. Their support continues as many participate with sponsorships, pledges and large groups of walkers/runners. We are so very blessed with the support of so many businesses, corporations and faith communities in so many ways . . . we can never begin to express our gratitude!



The Fall season brings the realization that we will soon be experiencing the holiday season-- one that is particularly busy and overwhelmingly heart-warming for our clients and staff at the center. The generosity of so many of our neighbors, friends and community members is incredible and we continue to be amazed each year with the donations that we receive from food drives to our **Adopt-A-Resident** program. It is astonishing!

In this issue, you will read about our newest additions to the staff. We are very excited to welcome all of them to our team!

I hope you will be inspired by the client story in this issue as well. Caroline's journey continues to motivate all of our staff each and every day . . . stories like hers reflect success and keep us encouraged because we see evidence each day that our programs and services do change lives.

Happy Fall...*Toni*

### Register for the Trick or Trot 5K

Run or walk for the hungry and homeless in our community. Sign up for the Milford Trick or Trot 5K to benefit the Beth-El Center. The race is on Saturday, October 28, 2017. Sign in begins at 7:30am and the race starts at 9:00am from Lisman Landing in Downtown Milford.

Gather a group of friends, family or co-workers, dress up in your favorite Halloween costume and enjoy a leisurely walk or a run through Milford.

Fee is \$27.00 per person for advanced registration/\$30 same day. Register at [www.milfordtrickortrot.com](http://www.milfordtrickortrot.com).

The event is sponsored/organized by Harlow, Adams, and Friedman, P.C. and Sikorsky Credit Union.



Meet our hosts, Heidi Voight and Ted Kopyy from NBC Connecticut

## Beth-EI Client Testimonial: The Journey of Caroline, US Army Veteran

I would like to share with you a crucial part of my life's journey, which happened during my stay as a resident at the Beth-EI Center. As I was preparing to discharge from a 30-day inpatient treatment for PTSD and Substance Abuse at the VA Hospital, life seemed bleaker and more hopeless than ever. I had 36 cents to my name and a small paper bag with one day's supply of clothing. I was new to CT and did not know one single place where I could stay. It was December and I wondered if riding the train all night would be enough to keep me warm until I could come up with a plan.

That's when I was informed that this place in Milford had a bed available on the day I left the hospital. I had mixed feelings; I had never stayed at a shelter, and all I pictured were those horrible incidents we see on TV. I imagined someone trying to steal my shoes. On my way to Beth-EI I seriously wondered if I should sleep with my shoes on. After all, I did not have a second pair!



When I arrived at Beth-EI Center, I was received as warmly as one would expect to be received by a favorite aunt or uncle. What I soon discovered was that Beth-EI Center is so much, much more than merely a safe haven. Beth-EI has a calming warm atmosphere, but most importantly, I was treated with dignity and respect. **(Read More)**

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Did you know that you can donate to Beth-EI Center through your Amazon purchases? If you shop at [www.smile.Amazon.com](http://www.smile.Amazon.com) and designate Beth-EI Center as your charity, Amazon donates 0.5% of all purchases to us. Bookmark the link <http://smile.amazon.com/ch/22-2725112> and support us every time you shop. #StartWithaSmile

### New Beth-EI Center Staff Members

We are very excited to welcome the following new employees to our team! Their collective and individual experiences and backgrounds are great assets as we continue to work toward the goal of ending homelessness and hunger.



**Nicole Nickerson**, Case Manager, is responsible for assisting clients in the residential shelter during their transition to self-sufficiency by helping them develop their goals and plans and by providing assessments, guidance and referrals. [Read More](#)



**Margaret LeFever**, Housing Specialist, is filling a new position as Case Manager to housing-ready clients and as a liaison to landlords, property managers, housing programs and realtors. [Read More](#)

**Tomeka Hudson**, Program Staff Assistant, is supporting our Case Manager and Housing Specialist, allowing more hands-on assistance to residents in need of a higher level of supervision and support. Tomeka previously worked as a Residential Counselor at Beth-El. [Read More](#)



**Coleen Lane**, Office Assistant, is the smiling face who greets and assists you when you come to the Center. [Read More](#)

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## Holiday Food Donations Needed

The holidays are a difficult time to live with food insecurity. Your generous food donations impact hundreds of our Milford neighbors in need, during the holidays and all year long.

Please consider donating food items to Beth-El Center's soup kitchen and food pantry at 90 New Haven Avenue in Milford:

### Holiday donations

- canned vegetables
- canned pumpkin
- boxed stuffing
- cranberry sauce

### Shelf-stable proteins

- canned tuna or salmon
- canned chicken or other meats
- canned or dried beans
- canned soups or stews
- peanut butter

### Rice, pasta and other staples

- flour
- rice
- pasta
- oatmeal
- tomato sauce
- cooking oils
- other non-perishable items

## Adopt A Resident for the Holidays

Give a special gift this holiday season— support a resident or family living at the Beth-El Center shelter in Milford.

Through the '**Adopt a Resident**' Program, our residents create wish lists and generous sponsors buy the gifts and deliver them to Beth-El wrapped and ready to give!

For ideas on residents' needs, please contact [Jennifer Paradis](#), Beth-El Center Program Manager. To 'adopt' a resident, please email [Toni Dolan](#) by November 15th.



Students from local schools and agencies are eager supporters of the Beth-El Center and our Soup Kitchen. Groups from the following organizations come weekly, sometimes multiple days, to set tables, wash dishes, stock our pantry, unload donations from our van, and serve and clean up the dining room after lunch:

- **Milestones Behavioral Center (formerly Center for Child Development)**
- **Boys and Girls Village**
- **Foundation High School**
- **The Kennedy Center**

According to Beth-El Center Soup Kitchen Manager Linda, "The students that come to help before and during lunch have expressed how much they enjoy coming to Beth-El Center and how good they feel about helping in the community."

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## Welcome to our Newest Board Member, Justin Colby

**Justin Colby**, our newest Board member, was first exposed to community service at Foran High School in Milford. Working with the Interact Club, which included volunteering at spaghetti suppers at the Beth-El Center, provided Justin with an early window to the under served people living in Milford.

After careers in corporate affairs and healthcare, Justin joined Onward Publishing where he's worked for the past 10 years. In 2017, Justin became a partner in Onward and plans to become a full owner over the next few years.

Justin has bachelor's degree from Fairfield University and a master's degree from Pace University. Justin resides in Milford with his wife, three children and dog. When he's not working, he enjoys bike rides, working on home projects and collecting music.



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## Help Milford's Hungry and Homeless

Please Donate



Beth-El Center | 203.876.0747 | [www.bethelmilford.org](http://www.bethelmilford.org)