

# C.R.O.S. currents



Dear Friends of C.R.O.S. Ministries,

*What an exciting and challenging summer we have had!*

I miss the children running around at our day camps and a residential camp. Our food pantries are serving more people. Our *two new food pantries* in Belle Glade and Jupiter are going well. We can always use *more long-term volunteers*, particularly with our ACCESS program, helping our clients apply for government assistance. Gleaning also had an incredible year (see article inside!).



*Fall means*, it is CROS WALK time. I hope you will consider walking, sponsoring some one to walk, or perhaps consider being a Walk Sponsor. No matter what, please, pray for the walk.

**With ever increasing demand for assistance your support is vital.** You offer hope when all hope is gone, you offer food to children and older adults that have no way to obtain food, you give acceptance and care to those in need and make sure that children do not fall behind over the summer as the new school year begins.

You are a blessing — thank you!!

Peace and Grace,

*Pam*

Rev. Pamela A. Cahoon,  
Executive Director

## CROS WALK 2011

JOIN US FOR A GREAT  
COMMUNITY EVENT!

**17th Annual CROS Walk**  
**October 9, 3:00 p.m.**



Rev. Amy Baer and  
Honorary Chair Rev. Ryan Baer  
Proud parents of Nathan and Daniel!

**Registration begins at 2:30p.m**  
**Walks starts at Holy Trinity Episcopal Church**  
**on Flagler Drive in West Palm Beach**

The walk is a 5K (3.1 miles) along Flagler Drive *rain or shine*. Walkers collect monetary pledges for their participation and are encouraged to make banners, posters, and/or tee-shirts to identify themselves.

*All funds raised go to support C.R.O.S. programs.*

**Come out and join in the fun!**

Last year, more than 300 walkers participated.

**For More information** please visit [www.crosministries.org](http://www.crosministries.org) or email Gibbie Nauman, Director of Development and Community Relations at [gibbienauman@crosministries.org](mailto:gibbienauman@crosministries.org)

C.R.O.S. Ministries is a 501(c)3 nonprofit organization collaborating with people of different faiths and organizations to create solutions to the unmet needs of people in our community.

**Exciting News!**

The Community Foundation for Palm Beach and Martin Counties has approved a two year grant to C.R.O.S. Ministries to support C.R.O.S.' community food pantries and assist C.R.O.S. in helping people apply for public assistance services. These funds, however, must be matched! To receive our first grant allocation of \$27,500, we must

**Please remember C.R.O.S. in your will!**



**Community Foundation**  
FOR PALM BEACH AND MARTIN COUNTIES  
*Promoting philanthropy - Investing in communities*

have that amount matched by September. *Please consider making a donation to C.R.O.S. this summer to help those in need and so we can receive these much needed grant funds from the Community Foundation.* To make a "matching gift" donation, **please make sure**

**you mark your donation "matching gift"** and mail a check to 301 First Avenue South, Lake Worth, FL 33460 with *CFMatch* marked on the reference line or call (561)233-9009, ext. 106 to make a credit card donation.

**Thank You!**

In April, we celebrated our ***incredible and dedicated*** volunteers. The party's highlight was Rev. Pam receiving a big check for more than **\$1 million dollars**. The check totaled the amount of money saved by the agency last year in staff hours. **Thank you Volunteers!** Without you, we would not be able to do the work we do for those in need in our community.



**Rev. Pam Honored!**

On Tuesday, April 26, 2011, Leadership Palm Beach County honored, our very own, **Rev. Pam Cahoon** with its Leadership Excellence Award. The Award recognizes exceptional Leadership Program graduates: men and women who have made significant and notable contributions for the betterment of our community. It

celebrates individuals who are living examples of the vision and mission of Leadership Palm Beach County and who reflect the leadership qualities of integrity, compassion, credibility, passion, risk-taking, fairness, empowerment, and humility.

**Volunteer Spotlight**

**Vince Canning**

For some, when they hear Vince Canning's name, they think shoe stores in Delray Beach. For the staff at C.R.O.S. Ministries, when we hear Vince Canning's name, we think amazing volunteer.

Vince Canning has been a steadfast volunteer at C.R.O.S.' Caring Kitchen since 1993. On Saturday, September 17, Vince will be presented with the prestigious Lifetime Achievement Award at the Delray Beach Chamber of Commerce's Luminary Gala. He is just the fourth recipient to receive this honor. When asked, Vince believes that his greatest contribution to Delray Beach is his ability to lead people to help others.

**Congratulations Vince!**

**Thank you Vince for your commitment to C.R.O.S. and Delray Beach.**

**C.R.O.S. Ministries**

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email: [info@crosmministries.org](mailto:info@crosmministries.org)  
[www.crosmministries.org](http://www.crosmministries.org)

**Mission:** C.R.O.S. Ministries collaborates with people of different faiths and organizations to create solutions to the unmet needs of people in our community.

**Staff**

- Rev. Pamela Cahoon
- Rev. Amy Baer
- Gustavo Amador
- Rev. Juanita Bryant Goode
- Guillermo Carrasco
- Sister Mary Ann Caulfield
- Nate Cousineau
- Mayra Echenique
- Viviane Fils-Aime
- April Hazamy
- Jeanette Hemphill
- Yolanda Jones
- Allison Laakso
- Karen Mills
- Gibbie Nauman
- Claudia Rosado



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**Wish List**

- Peanut Butter
- Rice
- Beans
- Tuna Fish
- Macaroni and Cheese
- Canned Food

- Long Term Volunteers for our Food Pantries
- Gleaning Volunteers: November - May

- Blankets
- Beds
- Gently Used Clothing

Please refer to the website, [www.crosmministries.org](http://www.crosmministries.org) for a longer wish list and addresses to our Community Food Panties and The Caring Kitchen.

## CROS Gleaning

Gleaning is a process in which volunteers pick crops from the fields of farmers; in some cases, we glean produce that would otherwise go to waste. The fresh, nutritious food is then distributed to various agencies that work with the hungry. The gleaning season (Nov 2010 - May 2011) went very well. Seven farmers donated their fields; more than 2,000 volunteers gleaned over 300,000 lbs of fresh produce such as sweet corn, tomatoes, green peppers, potatoes, green beans, cucumbers etc. During the summer volunteers are busy picking mangoes and other fruits available at homeowners' backyards. So far, we have picked over 4,000 lbs of mangoes for the needy. Call us if you have a fruit tree or know someone who does. Please contact Viviane at 561-233-9009 ext.107 or email [vflsaime@crosmministries.org](mailto:vflsaime@crosmministries.org) to schedule your gleaning event.



**A Special Thank You to Board Member, Joe Black and the Employees of Agri-gator who planted a portion of Agri-gator's fields specifically for CROS Gleaning!**

## The Caring Kitchen

### News from the Caring Kitchen

The Caring Kitchen has been blessed by a donation from *The*



CK Volunteer Tom Page & staff member Guillermo Carrasco

*Forrest and Frances Lattner Foundation!* Thanks to Volunteer, **Barbara Whittaker**, the funds were designated to purchase a new stove and freezer for the kitchen.

Both staff and volunteers were

literally on their knees in thanksgiving for these necessary tools of the trade. The same grant allows funds for beautification of the grounds in the form of "hardscape" where the traffic volume is the highest. We hope to have that improvement complete by the holidays.

Our clients are in great need of school clothes and school uniforms. If you would like to help by gently used uniform type clothing; khaki's, collared shirts, shoes etc. please call April Hazamy at 561-278-0918.

## THE HOLIDAYS ARE FAST APPROACHING...

Please remember C.R.O.S. and those in need this holiday season!

### Hunger Facts

#### Did You Know?

Feeding America estimates that almost 17% of Palm Beach County residents do not know where their next meal will come from. This food insecurity crisis is particularly prevalent in the western part of the County due to persistent high-levels of unemployment and foreclosures. While unemployment rates in Palm Beach County hover around 11%, in the western community of the Glades, unemployment is as high as 40%. According to the Department of Children and Families, 153,977 people were receiving food assistance benefits in December of 2010 compared to 58,440 in December 2007. This represents a **163%** increase in recipients in three years. For many, it was their first time receiving assistance too. Additionally, the School District states that children receiving free or reduced price lunches increased from 20% participation to 50% participation this year. In the Glades, the district reports that over 95% of school children now take part in the free or reduced price school lunch program.

Your donations give us the operating revenue to provide emergency food, hot meals, social services, fresh produce, and more.

*Together, we can help many in their journey out of homelessness and prevent many from spiraling into homelessness.*

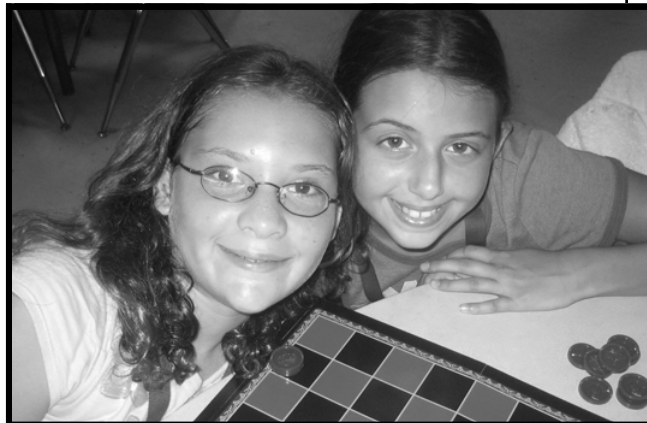
## CROSCamps

**Summer 2011** was a huge success. Thanks to the support of our funders, donors, volunteers, and the prayers of many we were able to offer three day camps and a weekend overnight camp to **111 children in K-5<sup>th</sup> grades**. Thank you to Martha Pierce at Riverside Retreat for providing scholarships so that nine of our youth could attend overnight camp.

*CROS CAMPS'* goal is to provide an enriching curriculum that includes physical well being and academics while learning about God's unconditional love. Most importantly, we strive to give families with low-income the opportunity to send their children to a quality summer camp without worrying about cost.

*Thank you for another wonderful summer camp experience. My children have benefited, grown, and learned from all you have to offer."* – Rosie

- *95% of the children's behavior improved as a direct result of the camps*



*Thank you for providing this free program. I didn't know what I was going to do with my kids this summer. My husband lost his job, and we just could not afford to send our three kids to camp."* – Susie

- *42% of children attending C.R.O.S. Camps would have been home alone*
- *79% of parents were able to be at work during the summer months*

**Thank you** to all of the volunteers and summer interns that made the summer program possible. A *very special thanks* to Calvary United Methodist Church in Lake Worth, Community United Methodist Church in Belle Glade, and Paul's Place at St. Paul's Episcopal Church in Delray Beach for hosting the day camps. Also a *big thank you* to Riverside Retreat and the Florida United Methodist Conference for providing the funding and facilities that allowed us to provide a weekend overnight camp.

## ACCESS Outreach Program

C.R.O.S. Ministries is *one of seven* organizations throughout Florida to participate in a new ACCESS Outreach Program, **AND the only agency in Palm Beach County to perform this direct service!**

Under the auspices of the Department of Children and Families (DCF), this new pilot program focuses on finding the 48% of individuals and families in Palm Beach County who are eligible for food stamps but have never applied for one reason or another. In partnership with organizations throughout Palm Beach County, C.R.O.S. Ministries' staff can provide ACCESS application assistance as well as perform the DCF required interview. Thanks to a Federal waiver the whole process will be greatly streamlined.

**Gustavo Amador and Nate Cousineau** have joined the C.R.O.S. staff to develop and implement the new program in Palm Beach County. For more information or to set up appointments for them to visit your agency clients, please contact Gustavo and Nate at [gamador@crosmministries.org](mailto:gamador@crosmministries.org) or [ncousineau@crosmministries.org](mailto:ncousineau@crosmministries.org).

THIS NEWSLETTER IS NOW AVAILABLE ONLINE AT [WWW.CROSMINISTRIES.ORG](http://WWW.CROSMINISTRIES.ORG). IF YOU PREFER TO RECEIVE IT BY EMAIL, PLEASE CONTACT [GNAUMAN@CROSMINISTRIES.ORG](mailto:GNAUMAN@CROSMINISTRIES.ORG).

# Toiletry items needed for hygiene kits



Travel-size toiletry items are needed for hygiene kits for the homeless.

Soap	Deodorant
Razor	Toothpaste
Lotion	Toothbrush
Shampoo	

Women's sanitary items may be given separately and will be added as needed.

Please package items in gallon size food storage bags and bring your donation to:

