

From the Community Kitchen, Inc.

Inside

- 1 News
- 2 Board of Directors
- 2 From the Director
- 2 Treasurer's Thoughts
- 3 Special Thanks
- 4 Diner's Thoughts
- 4 Hunger article
- 5 Vision
- 6 Contact info

This has been a busy and productive few months for Community Kitchen, Inc. In April we expanded and began serving lunch two days a week at St. Dominic's Catholic Church at Atcheson and 20th streets. We were able to do this without increasing costs to CKI because of the number of wonderful volunteers from St. Dominic's who have stepped in to serve, drive the van and clean-up. The numbers are growing rapidly and we are serving a large number of children and families at this new site. This is a beautiful example of two organizations working together to make something good happen. By 2012 we hope to obtain enough funding and volunteers to expand this project to five days per week.

We have also added a substantial hot breakfast six days per week at the Ohio Ave. site. Diners can now receive two nutritious meals every day except Sunday.

The Montei Foundation purchased a double convection oven that allows us to prepare and warm food for both Ohio Ave. and St. Dominic's. This foundation has replaced many large pieces of kitchen equipment for us over the past several years.

Three new Board members joined us this year: Rabbi Howard Apothaker from Temple Beth Shalom, Dr. Redd Branner from Franklin University and Christopher Plescia from Nationwide Insurance. All are welcome additions to our growing Board of Trustees.

Our Board is half way through the development project funded by The Columbus Foundation. So far we have established our Vision, Mission and Values statements (see page 5) and revised our By-Laws and a number of other Board

polices. We have drafted a Board member job description, new Board Member recruitment and orientation procedures and will begin creating an organization specific fundraising plan within the next few months. Our volunteer, donor and client service databases have also been computerized for accuracy and efficiency. All of this was made possible through funding from The Columbus Foundation.

As part of our efforts to be more accountable to our funders and donors, we have achieved full accreditation through the Better Business Bureau. Our new Values statements also emphasize accountability to those who help us do our mission.

One of our long-term staff members, Steve Gill, left the organization in May. Steve worked for CKI for over 12 years and recently retired due to health issues. We will miss his dedication to CKI and his sense of humor when the days were stressful. MJ Muldrow was promoted into the Administrative position.

Our old, mostly non-functional security cameras are being replaced in July. This will greatly improve our ability to monitor activities in the dining room and in the parking lot.

A new Kitchen Supervisor, Eric Smith, was hired the first of July. Eric is Serve Safe Certified, has his own catering business and also is a cook/supervisor for Capital University's foodservice program.

Community Kitchen, Inc. is now a member of Community Shares of Mid Ohio. Community Shares is a coalition of locally-based, nonprofit organizations collaboratively participating in workplace giving campaigns.

Did You Know?

In June we served 7,315 meals.

Did You Know?

30% of the population in the St. Dominics's area are under 5 or over 65 years of age.

Check out our website: www.communitykitchencolumbus.org or find us on **Facebook**- **Community Kitchen Columbus—We need friends!!**

Community Kitchen, Inc.

Board of Directors

President

Joseph Sauline
Commerce National Bank

Vice President

Keri Cooper
STRS Ohio

Secretary

Debbie Olbrys

Treasurer

Brian Bonnett
Student OSU Graduate School

Dan Snyder

Retired Computer Consultant

Christine Sowell

Retired: Defense Logistics Agency

Rev. Joshua Wagner

Holy Rosary/St. John

Dcn. Steve DeMers

The Catholic Times

Carl L. Smith

St. Vincent DePaul Society

Dr. Christopher M. Weghorst

The James Cancer Hospital & Solove Research Institute

Clifton Hawkins

Retired USAF

Jeffery Willis

Dinsmore & Shohl LLP

Rabbi Howard Apothaker

Temple Beth Shalom

Christopher Plescia

Nationwide Insurance

Redd R.J.G. Branner, PhD

Franklin University

From the Executive Director



Working with our dedicated and committed Board of Trustees has been an uplifting experience for both me and Community Kitchen this year. With the help of a consultant, our Board of Trustees has been turning their passion for our work into a plan and direction that will provide accountability to our supporters and quality services to our clients. It is hard work but the results will make us the best we can be. Stay tuned for an update this Fall.

Its summer and we are seeing lots of children at CKI and at St. Dominic's. Some come with their parents or guardians, some come by themselves because they have learned they can get a good meal with us. We spend many days explaining that the elevator is not an expensive riding toy! We are very glad to be a welcoming and safe place for all ages and anyone who is hungry. When you are volunteering or writing a check for support, please know how grateful we are for your help.

Carol

TREASURER'S THOUGHTS



Sometimes I find it hard to believe that I have been associated with Community Kitchen, Inc. for nearly a decade. I was first introduced to CKI in 2002 while participating in Leadership Columbus' annual visit to CKI and was hooked immediately. I am still hooked and feel privileged to be part of helping CKI fulfill its important mission.

I have had the opportunity to sit in all of the board officer positions and recently served as interim executive director for several months. I am currently in my second stint as Board Treasurer. So, I know firsthand how the Board strives to balance meeting current needs and positioning CKI for the future. Looking ahead with these things in mind, the Board has recently begun a series of initiatives to strengthen Board governance and organizational finances even more.

Given the state of the economy and its slow rebound, Community Kitchen is needed now more than ever. Fortunately, we are able to meet the needs of our clients. However, it is an increasing challenge with each passing year, and we thank you very much for your continued support! Please be assured that the Board has no higher priority than to be good stewards of the generous resources provided by you and people like you who believe in CKI.

~ Brian Bonnett, Board Treasurer

Did You Know?

***Our Facebook page is
Community Kitchen
Columbus***

Special thanks We often have problems and challenges that seem insurmountable until an individual, business or organization learns of our need and steps up to help. Below are just a few of the organizations and individuals who stepped up to solve a problem during the past few months.

Without their help:

- We would have a brand new convection oven sitting unused in the parking lot because it weighs 1000 lbs and needed some serious installation. (Thank you American Mechanical Group, Inc.)
- St. Dominic's would be serving meals on paper plates.– (Thanks to our FaceBook friends and Board Trustees who helped buy cafeteria trays)
- Millie the mouse would still call Community Kitchen home (Thank you ProGuard Commercial Pest Solutions)
- We would have no readable newsletter (Thank you Allen Press)
- We would have few toiletries to give out (Thank you St. Albans Episcopal Church in Bexley)
- Food would not get delivered or picked up (Thank you Dan, Ted and Cecil for driving our van)



Bishop Watterson did a huge and badly needed paper product drive



Peppy is very happy with her new oven!!!

There are so many more that deserve our thanks. We don't have room on paper, but we do have room in our hearts to thank you!

From One of Our Diners

Dickie, 66, comes to the Community Kitchen (CKI), on a daily basis. Originally from Tennessee, Dickie came up to Ohio to play semi-pro football. He now helps his nieces take care of his Aunt. He usually comes to CKI by himself, but sometimes one of his nieces comes along with him. He likes that breakfast is being served now and is usually here for both breakfast and lunch. Dickie volunteers at the kitchen when his help is needed by helping to set up chairs and discouraging others from using foul language. Dickie's niece, a nurse, also volunteers by taking people's blood pressure. At the first of the month, he donates part of his check to CKI and to the church. Dickie said that the best thing about CKI is the people here. He's known Peppy for a long time and knew Steve a long time, too.

When asked what he would think if CKI had to close its doors (due to lack of funding), Dickie took a second and replied, "I've been coming here so long, it would hurt me a lot. I love coming here." Dickie said that he doesn't just come for the food. He also comes to talk to people, old and young. If they have a problem, Dickie tells them to talk to Marilyn or Peppy. "If they can help you, they will." Dickie also shared some of his grandmother's words of wisdom, "A closed mouth don't get fed." Dickie explained, "If you don't ask for help, you won't get it, but you also have to help yourself, too."

Did You Know?

The cost for each hot, nutritious meal at CKI is about \$2.00

Did You Know?

You can help support us by signing up for the Kroger's Community Rewards program. It is an easy way to shop and donate to us at the same time.

If you would like to receive our Newsletter electronically, please email us at:

cki@communitykitchencolumbus.org

Or return the enclosed envelope with your information. The electronic version is in color!



Did You Know?

You can securely donate to us through our website using PayPal



www.communitykitchencolumbus.org

Hunger in America 2010 is a national study identifying the characteristics and demographics of persons and households using emergency food pantries, shelters and kitchens. A portion of the study focused on the Central Ohio area served by the Mid Ohio Food Bank. Some of their findings pertaining to local kitchen usage are eye opening::

- Average monthly income for diners is \$670, with 14% of diners having no income
- 80% of diners are on Social Security, disability or Supplemental Social Security (SSI)
- Uncertainty regarding future funding was the number one threat to emergency kitchens.
- Monthly **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM** (SNAP) benefits usually last 2 weeks for households with seniors, 3 weeks for households with children younger than 5 years of age. (Community Kitchen, Inc. averages 150 meals at lunch during the first two weeks of the month. This number grows to over 300 meals at lunchtime during the last two weeks of the month.)

Did You Know?

334 people volunteered to help at CKI during June.

Did you Know?

Nearly 20% of our budget comes from individual donors. If you are one of those individuals, please consider a planned gift or a gift in memory of a loved one for Community Kitchen, Inc.

CKI Vision/Mission & Values Statements

Our Vision:

We envision a day in our community when hunger is not a barrier for people to lead productive lives and reach their fullest potential.

Our Mission:

To be a community organization where everyone is treated with dignity and respect, receives food, and feels comfortable asking for help.

Our Values:

The Priority of Food: *We believe that all persons must first have their food needs met before they can reach their fullest potential.*

Hospitality: *All are welcome at the table and received with warm hospitality no matter their circumstances or choices.*

Dignity: *We treat each guest with respect and act in ways that preserve dignity and privacy.*

Excellence: *We are committed to continuous improvement of our services and accountability to our supporters.*

“Live Simply So Others Can Simply Live”

Community Kitchen, Inc.

Carol A. Trowbridge
President/CEO

Marilyn Oberting
Director of Operations

MJ Muldrow
Admin Assistant

Eric Smith
Kitchen Supervisor

Giyneetius (Peppy) Fraley
Associate Kitchen manager

Timothy Travis
Dishwasher/Janitorial

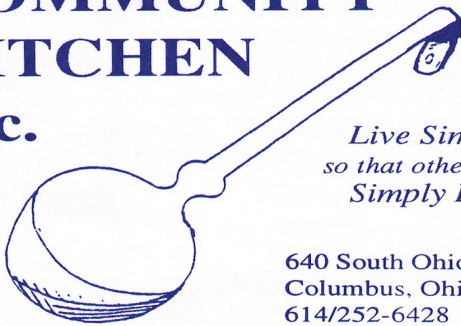
Critical Needs

Money!
Toiletry items
Diapers
Aluminum Foil

Coffee Filters
Sheets / Towels
Coffee grinder
Spices

Garbage bags– all sizes
Toilet Paper/Paper Towels
Sugar packets
Plastic Silverware

**COMMUNITY
KITCHEN
Inc.**



*Live Simply
so that others may
Simply Live*

640 South Ohio Avenue
Columbus, Ohio 43205
614/252-6428
614/252-8487 Fax

Non Profit Org
U.S. Postage Paid
Columbus, Ohio
Permit No. 2319

Address Service Requested