A young couple with three small children, two boys – ages 5 and 17 months and one girl, age 3, were about to lose their home. Since Superstorm Sandy, their father hadn’t been able to find work and was unable to pay their mortgage. Afraid that the family would soon become homeless, he turned to the Department of Social Services for help, and they contacted The INN to see if there was room to house the family of five.

There was room at the Rosa Parks INN, one of The INN’s three emergency shelters. Rosa Parks INN was opened in 1988 and accommodates a total of nine families. Unlike many other family shelters, which only accept women and children, even when the families are intact, The INN accepts all family members… fathers are welcomed and not required to seek separate accommodation in a shelter for adult men.

“We were trying to keep families together, not tear them apart,” says Jean Kelly, The INN’s Executive Director. “For all these years we were the only shelter with this policy.” Jean has noted how important this policy has been in avoiding the removal and placement of children in foster care as more and more families headed by single fathers, have come into the shelter system.

This family, like all of the other families The INN serves, was welcomed with warmth, dignity and respect by INN staff. They were offered a bright, cheery and spacious room that easily accommodated the entire family – two twin beds in an alcove for the older children and an adjoining space for the parents and toddler. Upon the family’s arrival, it was clear the mother and youngest child needed medical attention, which had been put off due to the lack of benefits. The INN social worker was able to help the family obtain medical benefits and the necessary medical attention. Now the mother is on the mend and the youngest son has received antibiotics to relieve what were his chronic ear infections and is scheduled for a tonsillectomy.

All are adjusting well at the Rosa Parks INN… the oldest son is attending school one block from the home and is thriving in his new environment. The daughter who is the spunky one and is known affectionately as “The Queen” by INN staff, is adjusting and attending daycare in the neighborhood.

Although the father and children all speak English, the mother came to The INN speaking only Spanish. To better adapt, the mother installed a translation app on her cell phone and used it frequently to communicate. “She was picking up English very quickly and, after a couple of weeks, didn’t need the app to communicate anymore. To continue to strengthen her English we are helping her enroll in ESL (English as a second language) classes. She is a wife and mother, but we would like to

(continue on page 6)
Reflections

Recently, at The INN’s Annual Gala, Jean Kelly, Executive Director of The INN, took the opportunity to look back at the work of The INN over the last 30 years, and speculate as to what we can and perhaps should aim to achieve in the future!

This recent Gala was a special one. The INN celebrated its 30 year anniversary, and Jean has been there every step of the way. It started with the first organizational meeting where a small group of individuals came together quietly to acknowledge that Nassau County had people who were in need of food on a regular basis. The group set their minds to making sure they could feed their neighbors and do so with dignity and respect, while preserving everyone’s privacy.

As Jean notes, while The INN has grown and evolved in many ways to accommodate those in need of food (and now shelter and other services), there’s always a need for dedicated people who want to help. The INN has 50 full time staff people, over 2,000 volunteers and many more donors! Everyone who touches The INN plays a critical role... see what Jean has to say about 30 years and let us know how you’d like to GetINNvolved.

Student Corner

Our goal is to help find ways to educate and engage youth about hunger and homelessness on Long Island, while offering hands-on volunteer opportunities to help make a difference.

The INN couldn’t be happier that the youth on Long Island want to GetINNvolved. Through the work of students, who spend their precious time raising money and volunteering, they help support our mission.

Here are a few examples where students have made a difference:

* An AP United States History Class at Mineola High School participated in an extended service-learning program focused on raising awareness and helping to fight the growing problem of childhood hunger. One initiative was MINNeola Macaroni Making a Difference, a pasta dinner made by the students and their families. Over 300 people attended the event, which raised more than $2,700 for The INN.
* The National Honor Society of the California Avenue School in Uniondale raised over $600 for The INN by making and selling bracelets throughout the school year.
* The students of the Herricks Union Free School District Center Street School raised $1,000 for The INN. They also collected toiletries, clothes, and other needed items for the Mary Brennan INN, which they donated, help sort and put away.

Want your school to help make a difference? Are you a high school student who wants to GetINNvolved? Contact Cynthia Sucich, Director of Communications, at 516-486-8506 x115 or csucich@the-inn.org.

30 Years.

Many people feel time flies.
I don't think it flies unless you're asleep.
The INN woke up 30 years ago to the reality that there are people who are hungry and homeless here on Long Island, right amidst those who are happy and healthy.

One soup kitchen became many... one shelter became more... one housing program was started... all from a single awakening.

Thank you from the bottom of our very grateful and collective hearts to every single person who came and saw and helped us conquer all we did in these incredible 30 years.

Now that we are awake, we need to continue to do everything we can to make this reality go away and turn the bad nightmares into day dreams of happily ever after.

We can all do something to be of help.
Have you figured out how you fit INN?
We would love to not be needed in 30 years and you might just be the person who can help us make that happen.
We'll be waiting for you to awaken and join us so we can all go back and get a good night's sleep.
Volunteer Highlight

Q: What is your role at The INN?
A: I am one of 20-30 volunteers on Wednesdays who assist the Mary Brennan INN Soup Kitchen chefs in preparing a five-course meal (soup, salad, entrée, coffee/tea, dessert) for about 400 guests who come in daily, Monday through Friday.

Q: What brought you to The INN and what keeps you coming back, week after week?
A: I came to America from Poland at age 28 by myself. Even though I quickly found a job, I was so afraid that one day I might be homeless or hungry that when I earned my first dollar, I put it in my pocket and said to myself, “I will save this for food if one day I have no income.” I framed the dollar bill and still have it. Thankfully, I have never needed it for food! However, especially in my early years in this country, I often thought that hunger was a possibility. I have two personal passions – cooking and decorating. I come to The INN week after week to share friendship with the other volunteers, to give back to others with whom I can relate on some level as they struggle to avoid being hungry, and to contribute to all who walk in the doors of the Mary Brennan INN by offering nurturing through the preparation of nutritious meals and comfort through the addition of some personal, warm and esthetically pleasing touches.

Q: What is the most important part of the volunteer work for you?
A: It’s hard to say what’s most important, but I like to think I’m helping individuals not only obtain some of the basic necessities of life, but helping them do so with dignity and grace. Providing nutrition and a little bit of beauty through decorating the surroundings to which they come for sustenance is a small contribution of my time and effort, but it has had a very profound impact on me. It has brought such deep satisfaction and self-fulfillment, a true understanding of the joy of spending one day a week being totally selfless. I wish everyone could have the opportunity to spend their time in service to others in some way that is meaningful to them so they could see and feel this type of joy and satisfaction. It has been unbelievable to me that the time I have spent cooking and decorating has been so very impactful in my life.

Q: You alluded to this just now, but do you have a message for others considering volunteering at The INN or another nonprofit organization?
A: Do it! Do it with all of your energy and your passion! Bring to your volunteering the best of what you have to give. You will connect with others on a truly personal level that often gets pushed to the side in this age of technology; and you will connect with yourself in a way that will allow you to feel complete and fulfilled.

Want to volunteer? Please contact Deokie Santo at 516-486-8506 x114 or dsanto@the-inn.org.

ThinkINN Ahead

With the 2012-2013 school season having just ended; kids and parents are looking forward to a break. It’s summer… but it goes quickly, and at The INN, we’re always thinking ahead and planning. Many school children, who are eating in our soup kitchens or living in our shelters, do not have the privilege of purchasing new school supplies. If you have some time over the summer, please think about the children we serve. They would love to look forward to the new school year with new supplies. This summer, in addition to all the usual needs of The INN, we are collecting donations of new backpacks, pencils, pens, crayons, notebooks, rulers, etc. We hope to provide everything that every child needs to prepare for a successful school year. We want all children to feel special on their first day of school and to worry about the same things other children worry about – will I like my teacher? What will I learn this year? Not, how will I complete the assignments without the right supplies!

September should be the beginning of a wonderful adventure – inspiring, starting fresh on exciting new paths for the school year. We hope to help each and every student feel this way, just as they should.

If you would like to donate school supplies, please bring them to the Mary Brennan INN, at 100 Madison Avenue, Hempstead – Monday to Friday, 9-11 AM, 2-4 PM.
A Special Corporate Partner

Several months ago, Capital One Bank reached out to The INN through Senior Marketing Associate, Bank Sponsorships and Local Marketing, Jo-An Butcher. Jo-An was seeking a meaningful volunteer opportunity for Capital One employees, not a one shot deal. Regular volunteer visits would make a difference to our agency through commitment and continuity and help her employees feel more connected to their community. Jo-An worked with the staff at The INN to make sure there was a match between The INN’s volunteer needs and the skills and time available to Capital One Bank employee volunteers. To date, dozens of Capital One employees have spent countless hours over numerous days helping with a variety of our needs. We often think back to the first call Jo-An made and how lucky and blessed we all are for her outreach and thoughtfulness.

As with any true commitment, it is often multi-faceted. Such is the case with Capital One. In addition to employee volunteerism, Capital One Bank has provided The INN with a generous contribution in support of the INNkeepers’ Ball, The INN’s annual fundraiser which raised over $1 Million this year. Also, upon realizing how significantly The INN was impacted by Superstorm Sandy, The INN was invited to submit a request for disaster relief funding to defray expenses associated with damage from the storm. Capital One Bank once again came to our aid with a generous charitable contribution.

There’s still more... during a recent tour of The INN, Jo-An informed us that some of the Capital One Bank employees who had already volunteered at the Mary Brennan INN, were interested in improving the library area, which serves all of our guests, especially their children. The employees solicited and received a grant they intend to use to purchase child friendly bookshelves and a mat, which can be cleaned easily, to make the area more child friendly and appealing. In connection with the library renovation, Capital One Bank will also be sending books to the Mary Brennan INN on a monthly basis to replenish the library as guests are encouraged to take them for their personal use. Finally, Capital One Bank staff has also offered to read stories to guests and their children, on a regular basis, while at the soup kitchen.

We are thankful for the vision, ongoing commitment and thoughtfulness of all the Capital One Bank employees who have made each and every one of the above efforts possible. From those who volunteer in the soup kitchen, to those who read to the children, to those who helped us secure funding for various critical items, we are happy to have you in our lives and the lives of our guests. We believe you are a shining example of good corporate citizenship and we thank you.

To find out how your company can GetINNvolved, please contact Cynthia Sucich, Director of Communications, at 516 486-8506 x115 or csucich@the-inn.org.

Did you know?

1. How the Interfaith Nutrition Network (The INN) got its name...
Native Long Islander, folksinger Harry Chapin had a concern for hunger and homelessness here on the island. His widow, Sandy, carrying out his legacy, suggested the name for our organization.

2. How many meals The INN serves...
The INN has 15 soup kitchens in 22 locations and serves 7,500 meals every week in Nassau and Suffolk. The Mary Brennan INN, the largest soup kitchen on Long Island, can serve 400 to 500 guests every day.

3. How The INN addresses the needs of Long Island veterans...
The Catherine Martin INN is a transitional home for veterans returning to civilian life. It houses and supports seven veterans, who can also receive case management services from our social workers to help them achieve self-sufficiency.

Homecoming Farm Story

The Homecoming Farm in Amityville has partnered with The INN to grow organic produce and donate it for use by The INN in their soup kitchens. The partnership yielded 3,000 pounds of organically grown produce for The INN last year.

The philosophy of the Homecoming Farm in Amityville is best summed up in these words from their website, “When you put your hands in soil, whether you garden or farm, you connect yourself at the deepest level to life, nourishment, and ultimately, love. That is the deepest and most profound work of Homecoming.” “The whole philosophy of The INN and how the guests are treated is very much in keeping with how we grow our food. We grow it and give it with love and we believe it is received with love,” according to Elizabeth Keihm, Homecoming Farm’s Executive Director.

The partnership with The INN began when the directors of the farm began to donate leftover produce to local food pantries. Because the goal of the farm is to distribute food to the hungry among us, not just from its surplus, but from its source, there was a need to find an organization with which to partner. Sister Jean Clark, who had been running Sophia’s Garden, the forerunner of the farm, since 1996 had been friends with The INN’s Executive Director, Jean Kelly for nearly 20 years. Susan MacDonald, of Daniel Gale/Sotheby’s Real Estate, and a volunteer with The INN, is a member of the Board of the Homecoming Farm. And so, this connection was a natural one. The desire of the Homecoming Farm was to put high quality, organic produce on the table of the neediest among us.

The people, who need high-quality nutrition the most, are often the people who have the least access to it. That is why it is so important to be thinking of ways to make healthier food donations to The INN. Jean C. Victor Jr., Manager of Building Operations at the Mary Brennan INN Soup Kitchen, says that the high-quality, organic produce from the farm, “motivated the kitchen staff to create meals at a higher level, in a more thoughtful way.” Adding that, “our guests know the difference between fresh and canned. Some even smell the difference when it is cooking!”

Homecoming Farm’s Elizabeth Keihm sums it up best: “Our membership is very conscious that they are not only growing food for themselves and their families—but that they are growing food for others. When we bring our food to The INN, we are the silent guests at the table. I feel there is something very deep going on. And we feel the love coming back.”

Would you like to make healthy donations? Please bring them to the Mary Brennan INN, at 100 Madison Avenue, Hempstead – Monday to Friday, 9-11 AM, 2-4 PM.

News Around the Network

The INN operates 15 soup kitchens in 22 locations that serve 7,500 meals every week across the network on Long Island. Here are highlights from some of our soup kitchens on what’s new and upcoming.

Freeport

The Freeport INN has recently relocated to the Church of the Transfiguration and just completed their first serving in their new home the last week of June.

Patchogue

Patchogue Neighbor’s INN has merged with the INN Friendship. Patchogue Neighbor’s INN is now one soup kitchen in five locations serving our guests in the Patchogue area.

The Patchogue Neighbor’s INN is having a Claire Rose Fundraiser featuring the show, “Norman is That You?” Thursday, September 26, 2013. To purchase tickets, please call Michelle Singh at 516-486-8506 x143.

Babylon

The Parish of St. Joseph in Babylon conducted a Centennial Concert to raise money for the Mercy INN. The concert raised over $4,000.
Upcoming Events

**INN Golf Classic**  
Thursday, September 12th  
North Shore Country Club, Glen Head  
The INN will be honoring Jason Kurland, Esq., Certilman Balin Adler & Hyman, LLP

**Ben’s Olde Time New York Deli Celebration**  
Monday, October 7th  
Ben’s Kosher Deli, Greenvale

**INN Luncheon**  
Friday, November 1  
Garden City Hotel, Garden City  
The INN will be honoring John King, J. Kings Food Service Professionals with Keynote Speaker Carol Silva, News 12 Long Island

**Martin Viette Holiday Reception**  
Saturday, November 23  
Martin Viette, East Norwich

For tickets, package and sponsorship opportunities, please contact Nora White at 516-486-8506 x108 or nwhite@the-inn.org.  
Or visit us at www.the-inn.org and click-on our Events Calendar.

Our Wish List

Summertime presents a challenge for many families. Children are out of school and aren’t receiving school lunches, so they come to The INN Soup Kitchens with their parents for a balanced meal. This increases the number of guests, lunches and food we need at The INN. Here’s how you can help:

- Non-perishable foods – Canned vegetables, fruit, tuna fish, pasta and pasta sauce
- Fresh vegetables
- Bottle water and juices
- Travel and full size personal care items – soap, shampoo, toothpaste, etc.
- Disposable diapers (all sizes), baby lotion, wipes and powder
- Summer items – flip-flops, umbrellas, etc.

Please bring your donations to the Mary Brennan INN at 100 Madison Avenue, Hempstead – Monday to Friday, 9-11 AM, 2-4 PM.

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help her find her own identity, too. We are helping her find her purpose and help her better help herself and her family.” said The INN social worker.

After six weeks at The INN, the father found part time work. He is very grateful for the stay at Rosa Parks INN and sees it as a “stepping stone to better things… a better way of life.” He feels the family will be back on track shortly. In the meantime he’s confident all will be okay because “the house is filled with love.”

The INN is on Facebook and Twitter.  
To become a fan and receive updates on The INN’s activities and announcements please go to www.facebook.com/theinnli or twitter.com/the_inn.