

Staying Strong in a Weak Economy

GEORGE A. JONES, EXECUTIVE DIRECTOR

This has been a landmark fiscal year for Bread for the City. As of December 2007 we provided increased services in every program area over the same period the previous year:

- We served **1,852** more families and **17,614** more individuals in our food pantry.
- We treated **139** more new patients and conducted **1,298** more patient visits in our medical practice.
- We conducted social services intake interviews for **421** more new clients.
- We had **195** more open cases and resolved **70** more cases in our legal clinic.

I am proud of our ability to meet the growing needs of the communities we serve. However, seeing more people come through our doors is troubling, to say the least, because of the conditions the trend represents.

Times are difficult in every segment of the community. According to *The Washington Post* [Inflation Hits the Poor the Hardest, 3/21/08], prices have risen 9.2 percent for groceries, gasoline, health care and other necessary basics since 2006. The price for dairy products has risen 15 percent and fruits and vegetables are up 10 percent.

Increasing costs and vanishing jobs are causing many low-income Americans to turn to government assistance programs. The number of Americans receiving food stamps is projected to reach 28 million in the coming year – the highest level since the aid program began in the 1960's.

A few weeks ago I heard the heartbreaking story of an elderly

GEORGE JONES

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Catching on to Nutrition



Ted Pringle (R) and George Montgomery (L) in front of the BFC truck.

Over the past two years, Bread for the City has taken major steps to improve the nutritional quality of the groceries we distribute. We are partnering with local farmer's markets to receive fresh produce and we are cutting down on red meat, trans fat, and high sodium foods in our grocery bags.

Bread for the City recently hired a part-time nutritionist, Sharon Gruber, to work with our food and clothing director, Ted Pringle. "We knew more should be happening if we're committed to providing a nutritious food bag that's sensitive to the needs of the population we serve, which has a high incidence of diabetes and hypertension," says Jeannine Sanford, deputy director. "We needed to bring in some expertise."

"We're having fun together," says Ted of working with Sharon. "We're both motivated. We're excited about what we're trying to do. Our last meeting was about sodium," Ted continues. "You get a 14-ounce can of soup and it has 900 grams of

sodium per serving. It says on the label: 'two servings.' Who's going to eat 7 ounces of soup? But that's 1800 grams of sodium. That's a lot of sodium. People just don't know. I didn't even know that, and I've been here all these years. Sharon gave me a ceiling number for sodium so I won't buy food items that exceed it.

"I'm talking to vendors; I'm getting nutritional labels before I buy food," says Ted. "I'm letting them know that we're doing things a little differently." However, the shift to more nutritional food bags isn't just a question of knowing how to read labels. "I called a food vendor the other day, and he said: 'I can get you low sodium, but it's gonna cost you.'"

Ted states: "We're trying to figure it out. There are a lot of options, but all of them are costly. When you talk about nutrition it's like going to Safeway versus going to Whole Foods. There's a big difference in price."

Informing people how they should be eating is not enough:

NUTRITION

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STAFF PROFILES: BREAD FOR THE CITY FOOD PROGRAM

Jenette Chance, NW Food Coordinator | At BFC Since: 1995, Employee Since 2002

“Bread for the City gave me my strength back. And it gave me a good sense of life skills, to see so many different cultures coming together and getting along. I stepped in another dimension when I walked in this door. I have grown... even as an adult and as a parent, I’ve grown.”



Tony Weldon, SE Food Coordinator | At BFC Since: 2003

“Working at a food bank has really opened my eyes... to things I already knew on some level. It opened my

heart to be able to help other people less fortunate than I am. It’s also been a springboard as to which way I want to go; I’ve learned that my calling is to help others.”

Sharlene Blount, Food Coordinator | At BFC Since: 1986, Employee Since 1990

“I first came to Bread for the City as a volunteer in 1986. I worked at the NW Center on 14th Street, helping with food and clothing departments. I was hired in 1990. Bread for the City is a good place to work; we do good things for people.”

Ted Pringle, Food Director | At BFC Since: 1992

“When I started we had maybe 300-400 clients. Now we’re serving almost 8,000 people each month between both centers.

“You see what you’re doing here; you see how it affects our clients. I just love it. It’s like a second home, more or less.”

To read complete profiles of the Food Program staff, please visit www.breadforthecity.org.

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low-income woman, Mrs. P. She was accustomed to buying the same set of staples with her food stamps each time she frequented her neighborhood grocery store. Mrs. P was very careful with her budget, yet during her recent shopping trip the cashier informed her that she had too many items for her food stamp allotment. Mrs. P had to put some items back.

When you already have so little, how do you choose what to take and what to leave?

At Bread for the City, we believe no one should have to put much-needed ‘bread’ back on the shelf – whether that bread is food, clothes,

legal services, social services, or medical services.

For our clients, BFC’s services provide sustenance, stability and peace of mind when times are hardest. Likewise, Bread for the City relies on the generosity of you, our donors, who provide the largest portion of our annual support at 37 percent.

Whenever I find myself worrying about the people we serve and Bread for the City’s ability to continue to meet their needs, I take comfort in knowing that we have supporters like you, who give generously both in good times and in hard times. Thank you for everything that you do.

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“People don’t want to hear it—they’re hungry, they want to get food.” However, Ted hopes that improving the quality of the food we distribute will provide a model to our clients for making individual food choices.

“Bread for the City is trying to stop hunger and bring nutrition in to it at the same time.” Ted concludes: “It’s hard, but I think if Bread for the City starts this – us being the largest food pantry in DC – people are going to start catching on.”

Learn More: Trans Fat

Trans fat is the common name for a type of unsaturated fat with *trans*-isomer fatty acid(s). The National Academy of Sciences states that consumption of trans fats increases one’s risk of coronary heart disease by raising levels of “bad” LDL cholesterol and lowering levels of “good” HDL cholesterol. Health authorities (including BFC’s own Dr. Randi) recommend that consumption of trans fat be reduced to trace amounts.

Read those food labels carefully! FDA standards allow 0.5 grams of trans fat per serving to be counted as “zero grams of trans fat,” so check the list of ingredients and be aware of how many servings you are consuming.

Other words for trans fat include: Partially hydrogenated vegetable oil; Margarine; Shortening; Vegetable shortening

Common sources of trans fat include:

- **Pre-fried foods**, such as french fries, chicken nuggets, chips, and doughnuts
- **Baked goods**, such as crackers, cookies, cakes, and pastries
- **Pre-mixed ingredients**, such as pancake mix, salad dressing, and breadcrumbs

VOLUNTEER VOICES: BRUCE MAYOR



Over the six years that he's been volunteering at Bread for the City's legal clinic, Bruce Mayor has helped a lot of people. "We do [legal] intakes every Monday," he says, "and it's rare that a Monday goes by when we don't see a client whose disability benefits case will ultimately be at a stage where we will represent them." Bruce Mayor is a retired

attorney who has become a staple of BFC's northwest legal clinic, handling dozens of cases over the years.

For low-income residents who are disabled and cannot work, rejection for disability benefits means they have very few income sources, if any. If a person was turned down but shouldn't have been, their case can be appealed. That's where Bruce comes in.

"Bruce Mayor has been a wonderful and dedicated volunteer in the legal clinic for many years now," says Su Sie Ju, BFC's northwest legal clinic supervisor. "He handles his own caseload and serves as our disability benefits expert when Vytas isn't around. He's a real asset to the legal clinic and Bread for the City."

Bruce first became interested in our legal clinic after receiving a fundraising letter from long-time BFC volunteer Roger Kuhn. "He wrote about how much he enjoyed volunteering at Bread for the City. I thought: 'I admire Roger Kuhn. Sounds like I would enjoy that, too.'" Once he started volunteering, Bruce found that he felt right at home. "There is a spirit at Bread for the City—the permanent staff, all of the volunteers—of a desire to be helpful. Once you're there you just feel very comfortable."

"It would be tough to live without him," says Vytas V. Vergeer, Bread for the City's legal director. "Bruce never loses a case. Never."

Learn More: BFC's Legal Work Around Disability Cases

What are SSDI and SSI?

The Social Security and Supplemental Security Income disability programs are the largest of several Federal programs that provide assistance to people with disabilities. The Social Security Administration runs both programs, and only individuals who have a disability and meet medical criteria may qualify for benefits under either program.

Social Security Disability Insurance (SSDI) pays benefits to you and certain members of your family if you are "insured," meaning that you worked long enough and paid Social Security taxes.

Supplemental Security Income (SSI) pays disability benefits based on financial need.

The Problem:

Of the roughly 2.5 million disability applicants each year, about two-thirds are turned down initially by state agencies, which make decisions without having an in-person interview. Only about 575,000 applicants then go on to file appeals, and two-thirds eventually win a reversal of the initial decision.

According to a December 2007 *New York Times* editorial, the backlog of SSDI applicants awaiting a decision after appealing an initial rejection has soared to 755,000 applicants in 2007 from 311,000 in 2000. The average wait for an appeals hearing now exceeds 500 days, twice as long as applicants had to wait in 2000.

How BFC Helps:

Since the beginning of 2006, BFC has represented clients in roughly 29 SSI/SSDI cases in the hearing stage in front of an Administrative Law Judge. Of these, BFC won 28 cases, awarding \$303,916 worth of back-payments to the clients. In addition to these back payments, each of these clients will receive up to \$637 per month in SSI benefits.

Disability Cases are Vytas's Favorite:

"These are my favorite kinds of cases because they're extremely rewarding," says Vytas V. Vergeer, Legal Clinic Director. "People come to us unable to work, and they have no prospects of being able to work. They have no income. They're often at risk of being evicted. Many of these people have worked hard their whole lives, would work if they could, but just aren't able to do it anymore.

"Winning a case means our clients have an income for the rest of their lives, as well as what usually amounts to a big back payment. Once our clients begin receiving benefits they can stabilize their lives. Receiving social security benefits doesn't get them out of poverty, but it can save them from homelessness, maybe even allow them to put a down payment on a house. It makes a huge difference.

"After a two or three year journey, when a client finally gets benefits—it's some of the best reactions I've ever gotten in my career."

To learn more about SSI/SSDI cases, please visit www.breadforthe-city.org.

ART WITH A HEART

The 18th annual Art with A Heart auction was once again a tremendous success! The event raised \$319,940 and was made possible by generous sponsorships, donations, ticket sales, and both the live and silent auctions at the event. Art with A Heart would not be possible without the dedication and involvement of many key players. Bread for the City would like to give a warm thank you to the sponsors, guests, volunteers and staff, and the contributing artists and merchants who were a part of this year's auction.

ART WITH A HEART 2008 COMMITTEE

Roz Cohen Co-Chair
Valentine Breitbarth Co-Chair
Mark Aron
Emily Bazelon
Gwen Bole
Mary Christie
Biruta Kelly
Cynthia Krus
Donna Packer
Clem Rastatter
Michael J. Reilly
Kristin Valentine

ART WITH A HEART 2008 SPONSORSHIP

Sustainers (\$20,000+)
Mark and Cindy Aron
CSX Corporation
Venable LLP

Leaders (\$15,000+)
Covington & Burling LLP

Motivators (\$10,000+)
Horning Brothers
White & Case LLP

Chairman's Circle (\$5,000+)
Alston & Bird LLP

Bureau of National Affairs
Mr. and Mrs. Richard Cichanowitz
Roz and Don Cohen
Fixation Marketing
Staff of Hensel-Phelps Construction Company
Nestle USA
Roll Call Group
Ellen & Roy Rosenthal
Sidley Austin LLP
Steptoe & Johnson LLP
Sutherland, Asbill, and Brennan LLP

Advocates (\$2,500+)

Allied Capital
American Property Construction
B.K. Miller Meats and Liquor
GW School of Medicine & Health Sciences Student Healing Clinic
Jones Day

Providers (\$1,000+)

Arnold & Porter LLP
Andrea Cohen & Roger Citron
Chartered Health Plan
Fried Frank
Hilb Rogal & Hobbs
Jair Lynch Companies
Scribner, Hall, & Thompson
Spriggs & Hollingsworth

Paul & Claudia Taskier
Unison Health Plans
Wiebenson & Dorman
Architects PC

Bread and Butter Friends (\$500+)

Emily Bazelon and Paul Sabin
Lorrie and Aaron Berkowicz
Bowne Printers
Karen and Guy Clifton
Douglas Development Corp
Richard Kirschner and Kay Gartrell
Mark and Myra Kovey
Lottery Technology Enterprise
Daphne Papamichael
Bernard and Cynthia Parker
Nisha Patel
Clem and Edward Rastatter
Kathleen Schehl
Pat and Charles Schehl
Bonnie Thompson and Eugene Tillman

ART WITH A HEART 2008 CONTRIBUTORS

Scottie Allen
American Airlines
American Property Construction
Appalachian Spring
Arena Stage Theater
Arnow Transportation
Mark and Cindy Aron
Shahin Bagheri
Shara Bani-Sadr
Fernando Barr
Emily Bazelon and Paul Sabin
The Blackthorne Inn
Susan Bloch
Boar's Head Inn
Gwen Bole and Rober Wiggers
The Bombay Club
Ben Bradlee and Sally Quinn
Bread for the City Board of Directors
Briar Patch Bed & Breakfast
Lisa Brotman





Cynthia Bruce
 Capitol Hill Bikes
 Capitol Hill Arts Workshop
 Capitol Steps
 Canyon Ranch
 Cara's Creations
 Anne and Emile Carriere
 Joseph Carriere
 Chef Geoff's
 Mary Christie
 Chipotle
 Citronelle
 City Fitness
 Clarice Smith Performing
 Arts Center at Maryland
 Roz and Don Cohen
 Comfort & Joy Wellness Spa
 George Corey and
 Cynthia Krus
 Creative Goldsmiths
 of Maryland
 Mary Croft Curtin
 Dance Place
 DC Coast
 Diana Eichler
 Keith Egli
 Roma J. Egli
 Elaine Elinsky
 Farar Elliot
 Embassy of Denmark

The Embassy Series
 Folger Theatre
 Fixation Marketing
 Alice E. Fusillo
 Raymond Garcia and
 Fruzsina Harsanyi
 Gibson's Lodgings of
 Annapolis
 Ben Giliberti
 Pat Goslee
 The Helen Hayes Awards
 Highland Meadows
 Vineyard Inn
 Jamila Hoard
 Hotel George
 Robin Givhan
 Gwen Ifill
 Ipso Crafto
 Cara Jablon
 The Jefferson Hotel
 Jury's Hotel
 Biruta and Michael Kelly
 Jonathan Kirkendall
 Kissimmee River Pottery
 H.Jenna Klimchak
 Miriam Krieger
 Mary and Donald Harrington
 Hoopla
 Stacey Johnson
 Landmark Theatres

Ann Leonard
 Iris Lipkowitz
 Linda Lovell
 Marrakesh Restaurant
 Mandarin Oriental Hotel
 Cynthia Manke
 Marriott
 Howard Mendelson
 The Metropolitan Opera
 Dana Millbank
 Krista Molino
 The Morrison-Clark Inn
 Morton's Steakhouse
 Betsy Mulloy
 The Museum of Modern Art
 Mykonos Grill
 Old Virginia Tobacco
 Company
 Omni Orlando Resort
 Palomar Hotel
 Panera Bread Company
 Jeff Parcher
 Paul's of Chevy Chase
 Laura Peery
 Barbara & Ron Piquet
 William Poteat and
 Gail McKinley
 Potomac Fever
 Presence Gifts & Gallery
 Michael J. Reilly
 Reynolds Tavern
 The Ritz-Carlton-
 Washington D.C
 The River Inn
 Estelle Rogers
 Rota Portrait Design

Round House Theatre
 The Royalton Hotel
 Kathy Scarborough
 Cathy and Marc Scheineson
 Daniel and Lisbeth Schorr
 Shear Madness
 The Signature Theatre
 Liz Sleeper
 Jane Spalding
 The Studio Theatre
 Suzanne Sparrow
 M. Patricia Strickler
 Summer Opera Theatre
 Company
 Superfresh
 Claudia and Paul Taskier
 Tim Tate
 Theater J
 Michael Thomas
 Top of the Hill
 Abby Umansky
 Washington Bach Consort
 The Washington Chorus
 Washington Nationals
 The Washington Post
 Washington School
 of Photography
 The Waygoose
 Westin Embassy Row
 Janet Wheeler
 Leslie White
 Ed Wilczynski
 The Woolly Mammoth
 Theatre Company
 W. Millar & Co. Catering
 Cynthia Young



BREAD LIFE: LESLIE A. BRAY

Ms. Leslie A. Bray emailed Bread for the City recently to find out how she could make a donation of clothing and toiletries. A self-employed fashion stylist, Leslie had additional contributions to offer: “I would love to come and talk to any young ladies who have overcome homelessness or abusive relationships to give them hope and tips on how to keep up their looks, inside and out.” Leslie continued: “The reason I chose your wonderful organization is that last year, when I was struggling, you were kind enough to give food to my family.”

When Leslie came to Bread for the City to drop off her donation, she told us her story:

“I grew up with my mom; my dad wasn’t around. I started dating this guy in high school who I now have two children with. My daughter is 13 and my son is 10.

“I am a domestic violence survivor; mental and physical abuse. I think that a lot of people in my situation, with my past, would have given up. I was told on a regular basis by someone I loved that I would never amount to anything.

“I would work at different jobs and I just wasn’t happy. But I always had this talent, this love of fashion and beauty. Even as a young girl I would put on fashion shows for my family with my Barbie dolls... not having a clue that I would eventually use every talent I have to do what I’m doing today.

“I was scared to be an entrepreneur because there are a lot of risks... being a single mom and not having a strong support system. I believe I had \$60 to my name. I literally had dreams that wouldn’t let go of me, telling me that I should start this business.

“I think that a lot of people in my situation, with my past, would have given up.”

“One day in March 2005—I didn’t tell anyone—I went down to the tax and revenue building. I registered my business: *Leslie Arnelle*. My dream was to support my family doing styling for photo shoots, image makeovers, and wardrobe consulting. When I first started, though, I had to do a lot of work for free because I didn’t have a portfolio or any formal experience.

“Eventually I started making money, but then it got really, really slow. My family was on food assistance but the food stamps didn’t last long. One day we didn’t have any food. I hate to say it, but I called my church and nobody



Leslie and a model on the set of a photo shoot.

called me back. I went to other organizations and no one would help me. But when I called Bread for the City the receptionist told me to come down. And you all helped me. You gave me food that lasted until the first of the month when my new food assistance came through.

“Secretly, I said: *When I’m able to give back, I’m going to give back to Bread for the City.* And I didn’t want to do it just one time, I wanted it to be an ongoing thing. I look around and you all really help people. And you have such great attitudes... it’s amazing to me.”

Leslie is currently brainstorming ideas with Bread for the City for how she can partner with us to bring self-confidence to clients who may be going through similar struggles to what Leslie has now overcome. One idea is to partner with the Pre- Employment Program on a ‘dress for success’ program, where Leslie discusses not only how to present oneself to feel and look good, but how to “live well, and live fabulously.” Leslie believes that: “There’s something more to life than just struggle.”

“I think when people hear my story, as far as where I come from and where I’m going, they can identify because I come from what they’re going through: broken home, living in a not so good neighborhood, an abusive relationship... and here I am living my dream. *You can do it.* Even if you don’t have that support system, find support within. Find strength within.”

Leslie found strength within herself, but she also found support at Bread for the City when she needed it most. “I really love Bread for the City. Whatever I can do, I’m there. Everybody needs help. And giving back makes you feel *good*.”

For more information about Leslie’s business, visit www.lesliearnelle.com.

DONOR PROFILE: RACHEL LEVINSON AND ARIEL WALDMAN

BFC Donors Since: 2007

Rachel Levinson and Ariel Waldman met at the University of Chicago Law School. Rachel is Senior Counsel at the American Association of University Professors, and Ariel is Counsel in WilmerHale's Government Litigation and Strategy group. When they married in October 2007, the couple requested that their guests make donations to Bread for the City's Legal Clinic in lieu of traditional wedding gifts. The end result? Bread for the City received over \$6,500.

Kristin Valentine, BFC's director of development, recently spoke with Rachel and Ariel to learn more about their decision to forgo a traditional gift registry.



Kristin Valentine: How did you learn of Bread for the City?

Ariel & Rachel: When it came to deciding what organization we wanted to support as part of our wedding, it was a very lawyerly process! We did research online and talked to friends before narrowing it down to four or five DC organizations. We read Bread for the City's annual report and were impressed by the comprehensive service model. At a party at a friend's house, we met someone who interned at Bread, and he couldn't say enough good things about the organization—he spoke very highly not just about his experience working there, but also about the integrity of organization and its efficient use of resources. We also spoke with other people in the community, each of whom raved about the organization.

We came for a tour of Bread's NW Center (which is in walking distance of our home, another plus in making

us feel connected) and met with Vytas [BFC Legal Director]. We had a meaningful, informative, and very encouraging conversation, where we got specifics and a historical review of the legal clinic.

What struck us the most is that when people are really in need of legal services for whatever reason, there are clearly other services that they'll need for the legal services to be able to make a difference—mental healthcare, food, a stable home... Everything is under one roof at Bread for the City. In particular, Bread's commitment to increasing access to justice was important to us. And we liked that Bread for the City is entirely focused on Washington, DC—helping solve problems in our community.

KV: What made you want to ask your guests to give to charity?

A&R: We don't have every possession, but we have more than what we need. And we liked the idea of using the great energy surrounding our wedding to do something positive for our community.

KV: Did they give you any feedback?

A&R: Most people were psyched and supportive, and they understood

that it was important to us. A few (loving but very stubborn!) people wanted to give us something more tangible, which was great too. Most of our guests were thrilled to support Bread for the City as a way to celebrate with us.

“...we liked that Bread for the City is entirely focused on Washington, DC—helping solve problems in our community.”

KV: Would you do it again?

A&R: In a heartbeat. Being able to do this for Bread for the City was a meaningful gift for us to receive. Nice stuff could never approximate it. The whole experience was really inspiring.

To learn more about celebrating your marriage, birthday, or retirement by supporting Bread for the City, contact Kristin Valentine at KValentine@breadforthecity.org or 202.386.7613. You can also visit our “Get Involved” page at www.breadforthecity.org.

Bread News

- Southeast Social Services was awarded a \$231,000 grant through the Income Maintenance Administration, which will empower BFC to hire three additional social workers and serve hundreds more clients.
- Bread for the City's Representative Payee Program has expanded services, and will now act as the payee for a maximum of 800 DC residents.
- Sharon Gruber is Bread for the City's new part-time nutritionist. Learn more about her work in our cover story, "Catching on to Nutrition."
- On May 1st Bread for the City is launching a blog! Keep in touch with news stories relating to BFC, learn more about our advocacy work, and let us know what you think about the biggest issues of the day. Visit www.breadforthe-city.org to check it out.

THANK YOU

Principal Michelle Edwards and the children of Orr Elementary for the food and clothing drives they did for us.

Bonnie Ashton-Brooks and the staff at Cannon Design for the huge food and clothing drive they did during Holiday Helpings.

Elena A. Alvarez for her continued support of the Legal and Medical Clinics by providing Spanish translations of documents for our clients and legal cases.

Roz Cohen and the Art with a Heart Committee for all their hard work organizing another successful event!

WISH LIST

Bread for the City always is in need of nutritious, non-perishable food donations. Please help by organizing a food drive at your school, office, or place of worship.

Other items on our wish list include:

- | | |
|--|--|
| Adobe InDesign software | Gift cards to book stores |
| Bates stamp | Laptop computer |
| Books in Spanish or any other foreign language | Laser color printer |
| Bus tokens/ Passes/ Metro cards | Plastic storage containers (of all sizes) |
| Camcorder | Plus-sized clothes for men and women |
| Cargo truck | Portable Data Projector that will interface with PCs |
| Cargo van | Pro bono dental sessions |
| Cleaning supplies/Laundry detergent | Pro bono therapy sessions |
| Coat racks | Refrigerator |
| Department store shopping bags | SD memory card |
| Diapers (infant and adult) | Three small conference tables (2.5-3 ft x 5 ft) |
| Digital camera | Water cooler (portable) |
| Disposable cameras | |
| Drinking glasses and utensils | |
| Electric stapler | |
| Feminine hygiene products | |
| Flashlights | |
| Gift cards to grocery stores, pharmacies, etc. | |

To grant any of these wishes, contact Matt Siemer at 202.386.7606 or MSiemer@BreadfortheCity.org.

Bread for the City Locations



NW Center
1525 7th Street, NW
Washington, DC 20001
202.265.2400



SE Center
1640 Good Hope Road, SE
Washington, DC 20020
202.561.8587

www.breadforthe-city.org
CFC # 61733 / United Way # 8219