



CCC
Newsletter,
Summer 2010

P.O. Box 271, Clemson, SC 29633
105 Anderson Highway, Clemson, SC 29631
Open Monday-Thursday 9:00am-1:00pm
(864) 653-4460
ccc@clemsoncommunitycare.org

Neighbors Helping Neighbors Help Themselves For Over 20 Years

A Letter From The Director and Board

Dear Friends,

On behalf of the many CCC clients, we would like to thank you for the support you have continued to provide to Clemson Community Care. As you know, we are in the midst of a challenging time in our community. Our client numbers remain high and we are facing several funding challenges. However, we are also at a high in the number of volunteers sharing their gifts to help people in our community. We are working diligently to stay ahead of the many needs we see daily and are truly blessed by the support provided by the communities of Central, Clemson and Pendleton that we serve. We would like to encourage you to stay involved with CCC-whether through this newsletter, our website, visiting our building, donating food, or volunteering. The CCC staff and Board look forward to having you as our partner as we all work together to help our neighbors.

Karen Ellers
Executive Director

John Peters
CCC Executive Board

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Karen Ellers
Executive Director
KarenEllers@clemsoncommunitycare.org

Judy Grant
Program Director
JudyGrant@clemsoncommunitycare.org

Elaine Laiewski
Finance Director
ElaineLaiewski@clemsoncommunitycare.org

Beverly Hardin
Office Manager
BeverlyHardin@clemsoncommunitycare.org

**Clemson Community Care
Mission Statement**

The mission of Clemson Community Care is to assist persons in difficult circumstances with necessities such as food, shelter and utilities, and to help them to become self-sufficient through educational programs and advocacy.

CCC Enables Clients to Sign Up for Free and Reduced-price School Lunches

On July 1st, the Pickens County School district launched a new Student Nutrition Services website which is intended to provide students and parents with access to menus, nutrition tips, online applications for free and reduced meals and LunchBox Online in one convenient location. Since many families who need and benefit from the free lunch program do not have a computer at home, CCC has set up a computer that clients (or anyone who needs to apply) can use to apply for the program. The school district states that when parents use the secure, online submission, the nutrition staff can process applications more quickly, enabling eligible students to receive their free and reduced price meals sooner. CCC will also have a computer available at its School Success Workshop (see below) in August where parents can apply.



School Success Workshop

When: August 2, 5:30 pm

Where: Goldenview Baptist Church, 105 Church St., Clemson

What: Now in its 18th year, CCC's School Success Workshop facilitates open communication between the schools and the home. Representatives from local schools (grades K4-12) will be present to provide information to client parents and answer questions. There will be a jumping castle, hot dogs and more for the students and their families, and those who attend the entire workshop may qualify to receive free school supplies.

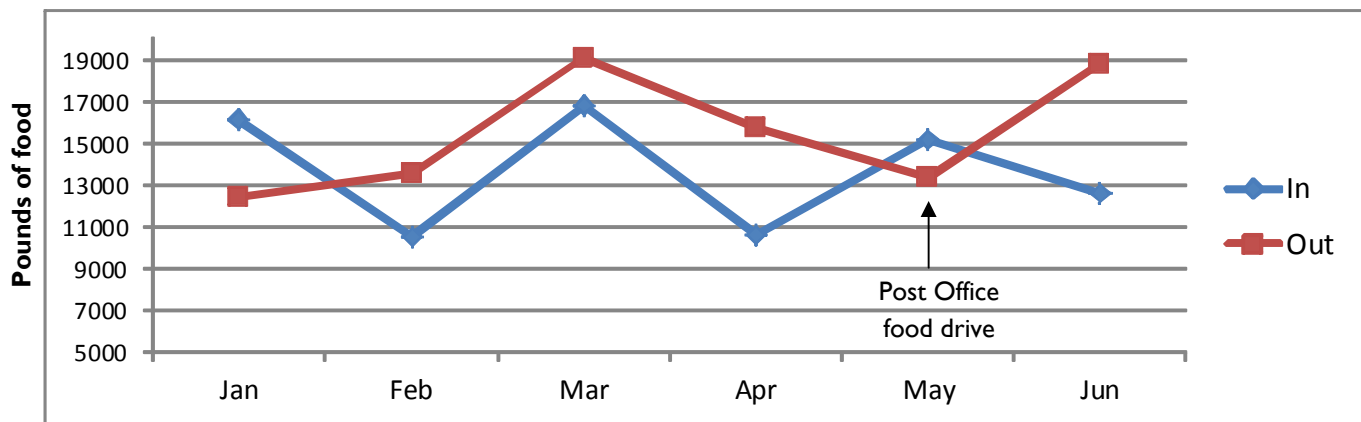
Earth Box Project and Upstate Locavores Continue to Help Local Families Grow Their Food

Last summer we told you about a new program called the "Earth Box Project" through which the Upstate Locavores, along with Peace Church and others, provided complete gardening kits to economically challenged families in the Clemson area so they can grow some of their own food. So far, approximately 23 families have received Earth Boxes. This spring, 15 families received tomato plants and other material to replenish their earth boxes, while 8 families received new earth boxes. Many have also been matched with a "garden mentor" who has provided assistance and advice on how to grow fresh food. Many of the new gardeners have reported to CCC on the "fruits of their labors," and they are grateful to their gardening mentors (like Ellie Taylor, Catherine Mobley and Lisa Wagner) who have been instrumental in their success. You can donate one EarthBox, plants and tools for \$60. You can also volunteer to mentor a family as they plant their EarthBox, harvest vegetables, and learn how to garden. For more information, contact Susie Smith at 864.634.4205

Brown Bag Program Helps Seniors

CCC now has 47 seniors participating in the "Brown Bag" program. In order to qualify, one must be over 60 years old and have an income that is at or below the poverty line. The bags are delivered to CCC by Golden Harvest Food Bank and contain approximately 25 lb. of food, designed to help meet the nutrition needs of a senior over the course of a month. The boxes cost \$5.00 per month per senior. Donors can sponsor a senior for a year for \$60 or sponsor the brown bag program for \$235 for one month.

Your Food Donations Make A Difference!



Food inventory levels have not been dangerously low in 2010 as they were in 2009, and we have you to thank for that! But even with the thousands of pounds of food received from Walmart (see below), we have still seen more food going out than coming in during nearly every month of 2010 except May (and that was due to the Post Office food drive). So please know that your donations are needed and appreciated!!

Walmart Food Donation Program a Success, Thanks to Many Volunteers!

And Thanks to Wal-Mart, who has donated thousands of pounds of food since this program began last winter. Most of the donated food is miscellaneous items and baked goods, not many staple items or canned goods, but nonetheless very helpful to those in need. CCC staff had to complete food safety training in order to be eligible to participate in the program. The program couldn't happen without our volunteer drivers: Ansel Miller, Paul Davis, Bill Carraway (regular drivers) with back-up from Tom Hayden, Bill and Dorethea

Dowler, Ellis Grant, Bud Kelley and Charlie Roberts. They come by CCC and pick up the thermal blanket and thermometer, go to Walmart and load, take the temperature when leaving, come to CCC, take the temperature again, and record and unload. Thank you to these great volunteers for making this program a success!



“Thank You!” to all who have sponsored or plan to sponsor a Manna Truck in 2010:

- Feb 6: Riverside Middle School Beta Club
- April 10: Goldenview Baptist Church (pictured, left)
- June 5: Jackson and Rosalyn Flanigan
- August 7: Mitch Reynolds and First Wesleyan Church
- October 9: First Baptist Church

And a special “Thanks” also goes to the Russ Hebert family (pictured, left), who sponsored the Brown Bag program for the month of April and helped with food distribution for the April Manna Truck!



Thanks to the many people who have improved both the look and functionality of the grounds surrounding our building! Here are a few...

CCC Clients Give Back

A client of CCC has taken it upon herself to create and distribute a flyer (see below) encouraging other clients to volunteer to help pull weeds at CCC on Saturday mornings.

Inspired by the long lines of people waiting for the Manna truck on many a Saturday morning, a thoughtful client wanting to give back realized that they could be doing something to help while they were waiting. A number of clients have signed up and CCC has received some much-appreciated help. What a great example of "Neighbors Helping Neighbors!"

Have you ever felt the urge to pull a few weeds or dandelions from the garden while standing in line at Clemson Community Care?

THEN . . .

"LET'S  TOGETHER"

HOW?

Clemson Community Care now invites the community to pitch in and help pull some of those pesky weeds.

WHY?

Here's an opportunity to give back 1, 2 or 3 hours each month of light physical labor to pull weeds, pick up trash, trim bushes, sweep, rake and generally preserve the beauty of the Clemson Community Care landscape.



WHEN?

Volunteers meet at Clemson Community Care on the first Saturday of each month--from 9:00 a.m. to 12:00 noon.

Volunteers should wear sturdy shoes or boots. Bring garden tools/knee pads (if available), sunscreen, hats, long pants, gloves, etc.

Gardens supervisors will show you which plants are the weeds to pull. CCC will provide basic tools.

THANK YOU IN ADVANCE---A little bit of help from just a fraction of the many people who visit **Clemson Community Care** could help keep the garden looking its best.

Interested persons should contact:

Clemson Community Care
P.O. Box 271, Clemson, SC 29633
105 Anderson Highway, Clemson, SC 29631
(864) 653-4460

The "Let's Pull Together" effort is an on-going weed-pulling event.

City of Clemson Improves Parking at CCC

Many thanks to the City of Clemson for making improvements to the parking lot at CCC! The lot had previously been short on spaces, causing numerous people to get stuck in the dirt and mulch after rain, on the side of the lot that did not have spaces. The city graciously added 13 new spaces to the lot with the addition of pavement, gravel and concrete bumpers. They also trimmed the many low-hanging trees. As a result, clients now have more places to park without having to pull into the dirt and risk getting stuck, and the appearance of the lot is much-improved as well.

Volunteer Gardeners Keep CCC Looking Beautiful, and Provide Fresh Veggies For Clients

Linda Binic and Ed Hicks have planted a green bean garden here at CCC and the clients have been receiving the fruits of their labor.

Linda Thomas has done the majority of the work to maintain our landscape. She has been assisted by several of our clients and volunteers. Linda, Ed and Linda are all master gardeners and we really appreciate their hard work!!

CROP Walk 2010 is Sunday, October 3rd!

- FACT:** Over 1 billion people are hungry worldwide
That's 1 out of every 7 billion people in the world
- FACT:** Each day almost 16,000 people die from hunger-related causes
That's 1 person every 5 seconds
- FACT:** In the USA more than 1 out of 10 households suffer from hunger
- TRUTH: YOU CAN MAKE A DIFFERENCE!**

By participating in your local CROP Walk, you will be raising funds to help fight hunger and poverty both locally and overseas. 25% of the total funds raised will go directly to CCC. The other 75% will be utilized by Church World Service (the umbrella organization for CROP Walks nationally) to fund poverty/hunger related projects overseas. Please check out their website for further details: www.churchworldservice.org. This year's walk will feature: a 3-4 mile route, with a shorter alternative route, pre- and post-walk activities including music and fair-trade stalls (Ten Thousand Villages, Clemson Haiti Shop, etc.) selling quality, fairly traded goods as well informational displays. So even if you don't plan to walk, drop by and join the festivities!



Communities
Responding to
Overcome
Poverty



This year CCC accepted a check from Church World Service for \$3,966.16, CCC's proceeds from the 2009 CROP Walk. Karen Ellers, CCC's Executive Director, and Sara Topping, CROP Chairperson, are pictured (right) with the check.



Did You Know....??

Hungry children are more likely to ⁽¹⁾:

- Have slower growth and development
- Get sick more frequently
- Have lower test scores
- Repeat a grade

Our state has one of the **highest rates of food insecure children** under the age of 18 ⁽²⁾

(1) http://strength.org/childhood_hunger/hunger_facts
(2) Child Food Insecurity in the United States: 2005-2007

Mark Your Calendar:

CROP Recruiters' Kick-off Rally:

- Tuesday, September 7
- If you're a recruiter for your church or organization, interested in starting a team, or simply want to know more, please come!
- 7-8 pm at CCC

CROP Walk:

- Sunday, October 3
- Registration at 2pm, walk begins at 2:30
- Start location: Fort Hill Presbyterian Church, 401 College Ave.

Clemson Community Care could not exist without donors and volunteers like you! We appreciate your help, and we depend on it! Here are some of the many ways you can continue to help your neighbors help themselves:

Water Bill Donations

DON'T FORGET that you can sign up throughout the month of August to make an automatic \$1 (or more, if desired) monthly donation to CCC as part of your water bill payment. You can pick up a sign-up form at CCC or sign up online at www.clemsoncommunitycare.org (click on "how you can help"). This is a quick and easy way to make a small donation that makes a big difference! **Thank you** to the nearly 300 people who have already signed up to participate in this program!



Did you know that for CCC to continue to receive a percentage of what you spend at Bi-Lo, you have to rescan the program enrollment card every year? Just give this enrollment card to the cashier with your BonusCard, and one percent of your purchases will be donated to CCC through May 31, 2011. Call 1-800-768-4438 if you have any questions.

CLEMSON COMMUNITY CARE



Clemson Community Care Donation Card

Please fill out, cut out, and mail with donation in envelope provided

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Donation amount _____ **Thanks So Much For Your Support!**

Volunteer Opportunities:

- Food pantry
- Interviewing our clients
- Home repair program
- Speak at your favorite organization on our behalf
- Sponsor a fundraiser
- Clerical support
- Yard work
- Manna truck Saturdays—volunteer or sponsor a truck

Shopping List

- | | |
|-----------------|---------------------|
| Crackers | Canned meat/fish |
| Juice | Dry/canned milk |
| Cereal | Macaroni and cheese |
| Flour, cornmeal | Grits, oatmeal |
| Tomato sauce | Pasta |
| Pudding | Baby food |
| Diapers | |

Thank You!!

Unfortunately this newsletter is never big enough to thank all of the people that enable Clemson Community Care to provide the services that it does. We are so fortunate to have the many volunteers who give of their time and talents to help our clients and make things run smoothly at CCC. Without them, we could not operate. And of course we are also dependent on and forever grateful for the donations of money and food that so many of you generously give to CCC. To all of you who give, whether of your time, money, or from your pantry, know that you are helping to make a difficult time in someone's life a little bit easier, and for that we thank you.



About Clemson Community Care

Clemson Community Care was established in 1988 by ministers of various denominational churches in Clemson, Central, and Pendleton as a non-profit charitable corporation to serve the local community.

The goal of all our services is supporting low-income families and individuals to overcome periods of financial crisis and become self-sufficient, contributing members of the community. In cooperation with local religious, civic, educational, and private agencies as well as staff and individual volunteers, Clemson Community Care supports a variety of basic needs, emphasizing nutrition, health, education, and development of self-sufficiency.

Services offered by CCC include:

- Food Assistance
- Heating/Power Assistance
- Emergency Rental Assistance
- Home Repair
- Programs to help stretch your food dollar
- Holiday Helper for Thanksgiving and Christmas
- Extensive Referral Service
- Food Stamp Application Assistance
- Water Bill Assistance
- Homeless Emergency Support
- Parenting Workshops



2009 Board of Directors

- John Peters, *President*
- Lance Young, *Vice President*
- Ed Arnold, *Secretary*
- Tom Sparacino, *Treasurer*
- Barbara Blackmon
- Theresa Brown
- Marty Bynun
- Shirley Greenlee
- Jennie Griffin
- Joan Hicks
- Mary Jeffers
- Betty Kelly
- Pat Kelley
- Delia Kirkland
- Sandy McLeod
- Mamie Martin
- Vickie Miesbauer
- Ruthie Millar
- Rod Rice
- Susie Smith
- Peter Sparks
- Sara Topping
- Dianne Williams

Supporting Churches

- Catholic Parish of Sts. Andrew, Francis and Paul
- Central United Methodist Church
- Clemson Area Congregations in Touch
- Clemson Community Church
- Clemson Presbyterian Church
- Clemson United Methodist Church
- East Clemson Baptist Church
- Faith Fellowship Church
- First Baptist Church - Central
- First Baptist Church of Clemson
- First Baptist Church of Pendleton
- First Wesleyan Church, Central
- Fort Hill Presbyterian Church
- Golden View Baptist
- Holy Trinity Episcopal Parish
- Lawrence Chapel United Methodist Church
- Mt. Zion Presbyterian Church
- Mt. Zion United Methodist Church
- New Beginnings Worship Center
- New Holly Light Missionary Baptist
- New Hope Baptist Church

- Peace Congregational Church
- Pendleton Presbyterian Church
- Pendleton United Methodist Church
- Pleasant Hill Baptist Church
- Refuge Baptist Church
- Trinity Wesleyan Church
- Unitarian Universalist Fellowship of Clemson
- Unity Church of Practical Christianity
- University Lutheran Church

CCC Partner Agencies

- Clemson Free Clinic
- Joseph F. Sullivan Center
- SHARE
- Pickens/Anderson DSS (FSOCUP)
- Upstate Housing Coalition
- Safe Harbor
- Golden Harvest Food Bank
- SC Employment Security Commission
- Anderson Interfaith Ministries

Calendar

August

- 1-31 Trinity Wesleyan monthly food drive
- 2 School Success Workshop
- 7 Manna Truck
- 31 Water bill sign-up deadline

September

- 1-31 Unitarian UFC and Peace Congregational monthly food drive
Clemson United Methodist monthly food drive
- 7 CROP Walk Recruiters' Rally, 7pm at CCC

October

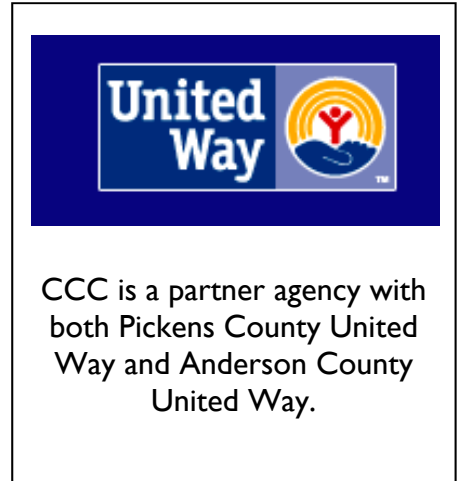
- 1-31 Clemson First Baptist and St. Andrew's monthly food drive
- 3 CROP Walk
- 9 Manna Truck

November

- 1-31 Elementary schools' monthly food drive
- 18 Holiday basket distribution begins

December

- 4 CCC Children's Christmas Party 9:30am at Goldenview Baptist Church



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