

## CK's Health Center is Complete!



Barbara Schwarz, CMA, takes the blood pressure of CK cook Mark Woodall, while Kathy Jackson, DNP, APN, prepares to see the patient.

When the CK board of directors designed our Federal Street building, a health suite was part of their vision. They felt that with the existing meal service and the addition of the culinary training, the health center would move CK forward by offering services that nurtured the whole person. The Dr. A. Richard Rosamilia Family Health Center was created and opened its doors in 2009.

*“I saw the potential of the CK medical suite to more fully serve members of the Camden community as I spoke to patients during visits to the Kitchen.”*

*Kathy Jackson*

Over the past eight years, CK has partnered with several health agencies and medical professionals to offer free screenings and

health care for dinner guests and the community. In 2010, the Project Smiles dental clinic opened two days a week and has continued to provide dental care to hundreds of people each year. “We always hoped we could do even more in terms of health care in this facility, but regulations and funding were a huge obstacle in meeting this goal,” says CK’s executive director Karen Talarico.

A number of years ago, Kathy Jackson, DNP, APN, a nurse practitioner and professor at Rutgers School of Nursing–Camden, became aware of our health center and began bringing nursing students to provide CK with flu vaccine clinics, health screenings, and health education. Professor Jackson was a key partner in CK’s annual “Foot Day,” which offers free podiatric care by a team of volunteer podiatrists, public health educators, nurses, massage therapists, and both nursing and medical students. Proper foot care is a vital service for our dinner guests – most of whom walk as their primary mode of transportation and many have diabetes which brings its own set of podiatric issues.

“I saw the potential of the CK health center to more fully serve members of the Camden community as I spoke to guests during visits to the Kitchen. A number of those I spoke with did not see a primary care provider and often sought care at the emergency room for more severe conditions,” notes Professor Jackson.

Kathy contacted Project H.O.P.E.’s CEO Pat DeShields and Chief Medical Officer (CMO) Dr. Lynda  
*(continued p. 2)*

## CK Market Stand



Growing season may be at a lull in NJ but CK dinner guests continue to enjoy beautiful donated produce at CK’s Market Stand every day.

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## Executive Director's Message

Dear Friends,

We are very excited to report that Cathedral Kitchen's ability to receive food donations has significantly increased this year thanks to a generous grant from the Haines Family Foundation that allowed us to purchase a refrigerated truck.

Food waste is a serious problem in the United States. Americans, by many estimates, now waste more than 40% of their food, compared with a global average of around 30%. Much of this food is safe to eat but instead of being used to feed the hungry, more than 80 billion pounds of food waste is discarded in US landfills each year. A survey of food manufacturer, grocery and restaurant associations conducted by the Food Waste Alliance has consistently revealed that the top barriers to food donations are transportation and food safety.

Our new refrigerated truck will help to eliminate these barriers, resulting in increased food donations, especially protein and dairy which require refrigeration. Food donated to the Kitchen helps support our meal program which includes annually serving more than 102,000 dinners in our dining room, preparing 16,400 after school meals for four local youth organizations and delivering food to over 300 low-income seniors who live in Camden.

We are grateful for the support of countless individuals who help to make these donations a reality and we will continue to look for new ways to use food to change lives.



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Bea Gosik

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Jonathan Jernigan

*Executive Chef*

#### Cathedral Kitchen

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Founded in 1976, The Cathedral Kitchen is a registered 501(c)(3) organization.

#### Mission Statement

Cathedral Kitchen uses food to change lives. We use food to nourish, train and employ people to offer them hope for improving their lives.

We are working to feed and energize a healthy community.



### HEALTH CENTER (con't.)



Bascelli to see if a partnership with Rutgers School of Nursing—Camden might be possible. Project H.O.P.E. is a Federally Qualified Health Center (FQHC) in Camden, N.J. that provides comprehensive primary health care at several locations including a mobile health van. Pat and Lynda were enthusiastic about adding CK as a satellite location in partnership with the School of Nursing—Camden (SNC) to advance their shared mission to serve homeless persons and

others in need. Project H.O.P.E. received the required authorization from the State of New Jersey and the Bureau of Primary Health Care to establish the satellite site at CK.

In January, the Project H.O.P.E. satellite site at CK opened its doors to provide primary care with Rutgers SNC nurse practitioners and professors Kathy Jackson and Nancy Pontes, PhD, APN, and Project H.O.P.E.'s Barbara Schwarz, CMA and CMO Dr. Lynda Bascelli. As nurse practitioners, Kathy and Nancy are able to provide primary health care services, including well care, prevention, and management of chronic illnesses.

Project H.O.P.E.'s CEO Pat DeShields states, "This is an exciting opportunity for Project H.O.P.E.; we've worked hard to make sure the most vulnerable members of our community have access to high quality healthcare. The CK satellite site helps further our work and mission and enables us to deliver services where they are needed in Camden. We're very grateful to CK and Rutgers School of Nursing—Camden for this opportunity!"

The CK health center hosts the Project H.O.P.E. satellite site operations every Monday from 9 a.m. to 5 p.m. and offers increased access to primary health care to those we serve at CK. Patients can walk in to receive services or contact Project H.O.P.E. at (856)968-2320 for an appointment at CK or any other Project H.O.P.E. locations.

# CK Brightens Holidays



Students from Camden's Kipp Lanning Square School help CK executive chef Jonathan Jernigan set the tables with turkey placemats they made for CK's Thanksgiving celebration.



CK case manager Denise King distributes donated gift bags filled with toiletries, socks, hats and gloves.



St. Augustine Prep students decorating the CK Christmas tree. St. Augustine students have been volunteering at CK for more than 27 years!



CK volunteer Pat DeMarco serves dinner guests the delicious holiday dinner of BBQ ribs, mac & cheese, cornbread and veggies.



CK COO Bea Gosik and contract meal cook Mike Whitehead setting up raffles at the holiday staff party.

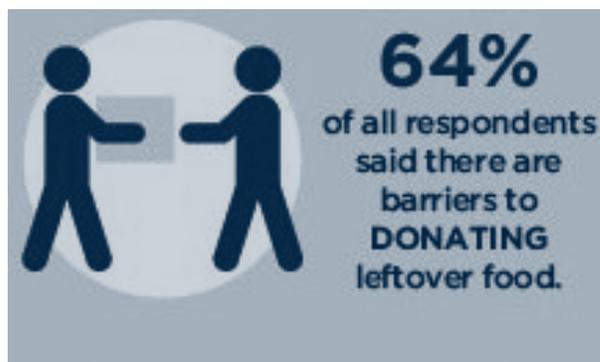
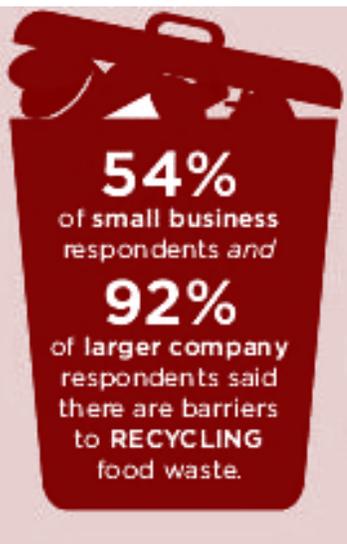


Oh boy! New trucks!



Members of Symphony in C orchestra entertain dinner guests and share their love of music with two young aspiring musicians.

## BY THE NUMBERS



Source: 2014 Analysis of US Food Waste among Manufacturers, Retailers and Restaurants prepared for the Food Waste Reduction Alliance.

## Cathedral Kitchen

wishes to thank the many families who have designated the Kitchen for memorial gifts when they have lost a loved one. We hope you find some comfort in knowing that your generosity, at a time of great loss, has helped to nourish others.

Bless You.



# Single Stop Partners with CK

Today 39.3% of the residents of the City of Camden live in poverty. Many do not know they qualify for existing resources—both public and private. An organization called Single Stop ([singlestopusa.org](http://singlestopusa.org)) has built the first “anti-poverty app”, a platform designed to create a “one-stop shop” model that connects people to these resources and helps move them to economic security. Since 2007, the organization has connected over one million households with nearly \$3 billion in support and services.



Campaign for Working Families counselor Shanika Adkins assists CK employee Gerald Hawkins with his 2016 tax filing.

At over 100 sites across nine states, Single Stop (SS) partners with organizations that serve low-income individuals and families to provide wraparound services and ensure their clients have access to available resources. They operate in community organizations, veterans’ organizations and community colleges. Single Stop’s approach is to meet individuals and families on their terms at places they frequent most. So it makes sense that Cathedral Kitchen was chosen as a site for Camden County residents.

Once a week a SS representative, trained in social services, is on site at CK to assist an individual or couple through the data input process. As data is entered, potential benefits appear on the screen, such as qualification for food stamps, energy assistance, Earned Income Tax Credits and more. The SS rep assists each person with the application process and provides follow up support helping to pave a pathway out of poverty.

SS and CK have also partnered with the United Way and the Campaign for Working Families, Inc. to provide free tax preparation for low-income individuals. The CK Café serves as a tax preparation site Mondays from 10 a.m. - 5 p.m. and Tuesdays and Wednesdays from 3-7 p.m.; and also acts as a referral source for those who may be able to benefit from accessing SS.

In addition to offering this service to our dinner guests and dental/medical patients, this tool will be a valuable resource for our culinary arts training students as they progress through the program to graduation and enter the workforce.

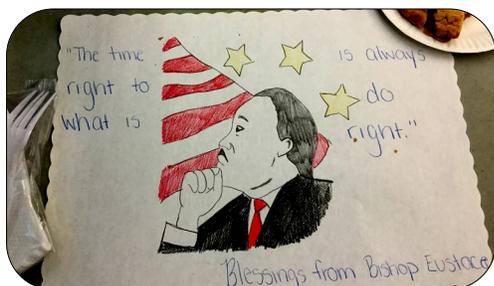
## MARTIN LUTHER KING JR DAY AT CK

*“The time is always right to do what is right.”*

~ Dr. Martin Luther King, Jr.

Hundreds of volunteers dedicated their day of service to support CK’s mission to use food to change lives. They made sandwiches, centerpieces and placemats; collected socks, toiletries and winter clothing; served dinner; scrubbed dining room tables and chairs; plus much, much more.

Cathedral Kitchen greatly appreciates the support of countless individuals on MLK Day and throughout the year.



Local youth organizations decorated inspirational placemats for the meal program.



Members of the Joint Base McGuire-Dix-Lakehurst Air Force Base assist CK volunteers serving dinner guests at the meal program.

## CK Goes Viral



From our earliest beginnings, Campbell Soup Foundation was CK’s first corporate sponsor and they continue to support us in a variety of ways.

Campbell Soup’s marketing team recently partnered with Now This, a social media news outlet, to highlight their company’s community work. For the stars of their first video, “Campbell’s American Souperheroes” they selected CK Executive Chef Jonathan Jernigan and Lead Cook Anthony Aponte. The video has gone viral on Facebook and the internet with more than 4 million views! We’ve been receiving countless likes and inquiries about our programs and ways to help from around the globe.

We always knew that Chef Jonathan and Anthony were superheroes but now the rest of the world does too!

Check out the video on CK’s Facebook page and be sure to like us!

# Oh What a Night!

More than 400 guests came out to support CK's Annual **Harvest for Hunger** event in November which generated a record high profit supporting 10% of our human services operations. Guests were treated to a distinctive collection of wines, craft beers and spirits; a delectable array of sweet and savory foods prepared and served by our students and chefs and unbelievable prizes in the live and silent auctions and raffle.



*Streamers, music, and a standing ovation for the students were the highlights of the evening celebrating CK's 40th Anniversary.*



*Chef Jonathan and his famous jumbo lump crab cakes.*



*Board member Elaine Moore Wright mingling with students.*



*Student Yadiel Ortiz chatting with dinner guest while butlring hors d'oeuvres..*



*CK executive director Karen Talarico, volunteer Joan Kurkian, board member and emcee, Terry Ruggles and COO Bea Gosik.*



*Class Valedictorian David Archie serves signature savory tapas.*



*Natalie Wills tries her luck winning some of the fabulous raffle prizes.*

## Thank you to Harvest for Hunger 2016 Sponsors

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## SAVE THE DATE - November 3, 2017

**Harvest for Hunger 2017** will take place on Friday, November 3<sup>rd</sup> at the Collingswood Grand Ballroom.

Event sponsorships and program ads are available now. Tickets go on sale this summer.

For more information, please contact Noreen Flewelling at noreen@cathedralkitchen.org or 856-964-6771, ext. 126.



# CK Awards and Recognition



Cooks Anthony Aponte and David Archie receive Rotary Award for their cheese steak lollipops with sriracha ketchup.

CK cooks Anthony Aponte and David Archie won an award for best wings and appetizer at the Southern NJ Dining with Rotary Chefs event in January. Their winning dishes were the teriyaki buffalo wings and cheese steak lollipops with sriracha ketchup from our catering menu. We are so very proud to have them on the CK team!



CK executive director, Karen Talarico, executive chef, Jonathan Jernigan and COO, Bea Gosik, holding Catalyst Kitchen's Model Member award.

Cathedral Kitchen was awarded Model Membership by Catalyst Kitchen in 2016. Catalyst Kitchen is an alliance of more than 60 food-service based social enterprises working to end joblessness, poverty and hunger. As a Model Member, Cathedral Kitchen is recognized as a leader in transforming lives and serving our community.

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