



# Project S.H.A.R.E.

(Survival Help and Recipient Education)

## Quarterly Newsletter

February 2007

[www.projectshare.net](http://www.projectshare.net)

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### A Few Words from Elaine...

I was packing produce during distribution last week with a young man who was lamenting his loss of freedom. He looked to be about 17 or 18 years old. He seemed pretty unhappy about not being able to do what he wanted when he wanted and with whom he wanted. He was volunteering here at S.H.A.R.E. as part of a community service requirement by the court and I was assuming that his restriction had something to do with a court order. As usual, being too curious not to pry, I asked him what the problem was. Packing apples and bananas is as good time to interview someone as any other time, and some are more likely to talk while they are working.

He said the problem was his 4th month old son. He couldn't wait until the baby could hold the bottle for himself, so that he didn't have to hold it and sit there with him while he ate it so slowly. After all, "He had things to do, places to go, and people to see". Why couldn't he do that for himself by now?

My heart breaks for the baby-his son. And it breaks for that young father. I wasn't sure who was going to miss out the most. One friend suggested I kick the "bum to the curb", but that seemed a lot like what he wanted to do to his baby. Hold him responsible for things he could not yet do, had not been taught or did not know yet. This young man had no idea of the precious time he was wasting, no way of grasping how 20 years from now he would long for this same child's life to be part of his own.

Is freedom only the chance to do whatever we want, whenever we want to without compulsion or care? Is true freedom really a lack of connection with - so that it is not our concern if someone is being cared for or not? How is tuna and spaghetti sauce going to address the needs of this young family? How can I show him that being connected, being in relationship, is what makes caring for someone so precious, so not a waste of one minute of time, such a privilege, something to cherish for a lifetime. One dear friend suggested we care for the child and train him up in love and discipline. Good idea-my question is- which child?

### A Very Special Gift from Embarq...

Embarq's Debbie Keyser has announced that Embarq will make a substantial contribution to our work by underwriting the cost of this newsletter. As a communications industry leader the company knows the importance of making sure our many volunteers, benefactors, and recipients have information about our programs and activities. Thousands of people rely on and use the schedules and project details we publish. The company already helps us with our gleaning, their "Let's Tackle Hunger" food drive, our school supplies collection efforts and more, so this is a special boost for everyone involved and we all appreciate it. It is important to note that because of their generosity we can devote more of our cash resources to buy food that goes directly to those in our community who need it. So, this newsletter comes to you courtesy of Embarq...



## A Reflection from one of our Volunteers... by Ann Raley

Carlisle offers many opportunities for volunteers interested in working to keep our town a good place to live. What is it that prompts me to choose Project SHARE? My motives are selfish: here I am privileged to work in the midst of wonderful life moments.

I get to see the relief on the face of the single mother who is on her way back home with the food her family badly needs; the triumphant glow of the woman who after three years in Weight Watchers is bringing in the clothes that she has outgrown; the delight of the young child who has been offered a gently used bicycle; the excitement in the voice on the telephone calling to report the success of the recent fundraiser; the straightened posture of the out-of-work man who has just been encouraged with a lead on a job opportunity; the smile on the face of the young Boy Scout who is proudly stacking cans on the distribution tables.

I also get to listen as folks tell me why they need help. Often for the first-timers there is real humility and apology for having to ask. As they talk, I get a clear glimpse into the fragility of life: a major health crisis, a workplace cutback, a wrong place/wrong time misstep - whatever the precipitating event, the need is almost always clear.

If in the extension of hands reaching out in generosity and in gratitude, our eyes meet and if we look closely, we can see the face of the Divine Providence, who has brought us together in this intricately webbed, SHARE -d community where the distinction between those who are giving and those who are receiving is clouded.

*Ann Raley has been a loyal volunteer at Project SHARE for many years. Throughout this time she has also been active in numerous other programs with her church and in the community. She is an educator, a counselor, and a hard worker. Her words reveal her. We thank her for her commitment, which is, combined with that of all of those who help us, what allows us to succeed.*

## A Very Warm Thank You! to...

- Harrisburg-York Overhead Door Company for donating and installing a new dock door.
- Bruce H. Spivak, DMD, for researching and providing dental health information.
- The Back Door Café for providing their delicious fresh-baked cookies and cakes after the Eaken Trio Concert.
- Gail Black for going the extra mile.
- Cub Scout Pack #168 for a job well done.
- Madlyn Orloski for her many years of service on our Board and on CARC.
- Don Baker for consistently providing a schedule for prayer.
- Carol Smith for her enthusiasm in the baby room.
- The Leaman family for their diligence whenever they serve.
- Mary & Joe Lucas for their faithfulness.
- Robin Ginter for her wonderful questions and insights into our organizational challenges.
- Cumberland County Redevelopment Authority for collecting food and now money for so many years.
- Martha for the beautiful handmade earrings that blessed so many young women for Christmas.
- Jessica Licate who keeps Project S..H.A.R.E. offices and common areas clean and in working order.
- Pat McEvoy, T.J., Kelly, and Kevin and their family food drive in memory of her husband, Joe.





## Matches “Souper Bowl” Funds



Everybody likes it when they get paid double time. M & T Bank is making that a reality for Project S.H.A.R.E through a very generous contribution as part of our first major fundraiser of 2007. The bank has committed to match the donations we receive, up to \$4000.00, thereby helping us double the money for the purchase of food. The final reports have not been tallied, but based on our past performance we should be able to take full advantage of their offer.

Thousands of people across America benefit from this program, known as the “Souper Bowl” of Caring. Since its inception in 1990 this grassroots outreach effort has collected over 33 million dollars for people who need help in our country, and they are the ones who win on the day of the NFL championship game. This year the day of the event is Sunday, February 4th.

The success and growth of the program is the result of its simplicity. On the day of the big game youth group volunteers stand at church doors and hold soup pots to receive \$1.00 donations. Every single one of those dollars goes to buy food for Project S.H.A.R.E. to use in providing healthy foods, clothing, and other assistance.


This year we are very happy to be able to thank all of the people at M & T Bank for their match of funds. Major corporations have a great deal to offer and it is very gratifying to see M&T Bank reach out to their local community and assist in the work we do.

## Upcoming Special Event - “Canstruction”

Look at these neat Canstruction sculptures below! Canstruction is a competition that consists of the design and construction of sculptures made entirely of canned food items. No glue is used, all the cans are balanced together! Teams of architects, engineers, contractors, designers and students develop a design and then construct the sculpture on the day of the event. The sculptures are judged, a winner selected and an awards ceremony follows. Once the sculptures are judged, all of the food used to create the sculptures are donated to regional food banks and pantries of Central PA. Representatives of Carlisle's Project S.H.A.R.E. are on the Canstruction Committee and will see that the food is used where it is most needed. Some of the structures you will see this year include: the Star Barn, the cyclorama at Gettysburg, a sports car, a slot machine, a campfire, a sand castle, an aqueduct, an iPod, an undulating pinwheel and a building under construction– all made out of cans of food! Come see the fun at the PA Home Builders Show –bring a can of food to donate!

Save the exhibition dates! **February 24 through March 4** at the Farm Show Complex in Harrisburg!



Make a Wish Come True	Wish List
<p>To the right we have made a list of things we need to better serve the people who benefit from Project S.H.A.R.E. What happens when you donate these items? We use them; they become vital to our operation. Remember the feeling you get when you get a new tool—a hammer, an appliance, a computer. That’s how we feel when a pallet jack or office chair shows up on our loading dock. Our staff and volunteers do a lot of heavy lifting, literally, and having better tools boosts productivity and helps us do more for our recipients. Over the years we have made good use of the equipment we have received. Remember that these are things we use every day, so the gift you give does, as the saying goes, keep on giving.</p>	<ul style="list-style-type: none"> <li>• Data Entry Volunteers               <ul style="list-style-type: none"> <li>• A color printer</li> </ul> </li> <li>• A computer 3 years old or less that will run Windows XP</li> <li>• Volunteers for baling</li> <li>• Drivers for the box truck</li> <li>• Volunteer to oversee vehicle maintenance</li> <li>• Baby food stage 1 &amp; 3</li> </ul>
	

## Area Restaurants Help Project S.H.A.R.E.

Isaac’s Restaurant and Deli and Red Robin Restaurant served some treats recently, ones not on the regular menu. They offered us a percentage of their proceeds for customers who used coupons from our newsletter. Contributions like theirs supplement what we do and are much appreciated. Isaac’s at Silver Spring Commons held a “Community Night” on January 25, and donated 25% of the meal price. Red Robin held their event in December and made a pledge of 10% of their proceeds that night to help us with our work.



Exciting things are taking place at Project S.H.A.R.E! We hope this issue of the newsletter inspires you to join us in one or more of the many activities being planned for the months ahead. By attending a special event, offering assistance as a volunteer, and/or contributing food, clothing, or financial resources... everyone has the opportunity to make a difference!

## A Message from the Board of Directors by Cheryl Kremer

Behind all of Project S.H.A.R.E.’s activities are teams of dedicated volunteers who serve on working committees. These community members are diligently planning for the future, helping to ensure this organization’s fiscal strength and its ability to grow and meet the increasing needs of those who seek our services throughout the year.

Indeed, by working together in this common pursuit—all of our donors, volunteers, employees, and recipients are building a stronger and more caring community. We are grateful to all of you!

## Savor the Flavor, A Taste of Carlisle– Feb 25th!

Project S.H.A.R.E., the Downtown Association and the Chamber of Commerce announce a new location for the 2007 Savor the Flavor. The Carlisle Expo Center will be the site of the event this year. This popular fundraiser will have bed and breakfast folks, other vendors as well as local restaurateurs. Come see this spacious site, watch cooking demonstrations, have your antiques appraised like the Antique Roadshow, and taste the many delights of area chefs while visiting with friends and neighbors. Tickets can be bought at Project S.H.A.R.E., The Chamber of Commerce, The Downtown Carlisle Association Office and The Kitchen Shoppe for \$25 each or \$20 each if bought in sets of ten or more. The Event will run from 11:30-2:30.

Some participating restaurants this year include:

- \*California Café
- \*Camellia’s Sin Tea Parlor & Gift Shop
- \*Carlisle Country Club
- \*Christine’s Chocolate Creations
- \* Comfort Suites
- \*Courthouse Common
- \* Holiday Inn Carlisle
- \* Holly Inn Group Inc.
- \* Hotel Carlisle & Embers Convention Center
- \* Carlisle High School
- \* L & D Catering Inc.
- \* Market Cross Pub & Brewery
- \* Panera Bread
- \* Piatto
- \* Salamandra
- \* The Kitchen Shoppe, Inc.



## Empty Bowls Event at Dickinson College

The 11th Annual Empty Bowls Event will be held on March 26th at 6pm in the Dickinson College HUB Social Hall. A beautiful hand-crafted pottery bowl of your choice will be filled with soup, which will be provided alongside bread and refreshments. The bowls are provided by Dickinson College art students as well as CALC, thanks to the effort of Jean Macaluso. This year we will also have a musical performance by the Dickinson College Syrens, as well as a raffle of an assortment of ceramic pieces during dinner. Tickets this year will be \$20 each and can be bought at Dickinson Fine Arts Department (call 243-5121). This is always a sold-out event so be sure to buy your tickets ahead of time.



### Project S.H.A.R.E. Mission Statement

*In response to God’s call to love one another, Project S.H.A.R.E. provides food, clothing, nutritional education and links to programs to empower people in need within the greater Carlisle area.*

## Dental Health Information

*This information is from the Academy of General Dentistry, courtesy of Bruce H. Spivak, DMD, a Carlisle area dentist.*

Oral health means more than just an attractive smile. Poor oral health and untreated oral diseases and conditions can have a significant impact on quality of life. And in many cases, the condition of the mouth mirrors the condition of the body as a whole. There is a relationship between periodontal (gum) disease and stroke, heart disease, and pre-term low birth-weight babies. Your dentist may be the first health care provider to diagnose a health problem.

### **What problems can poor oral health cause?**

A large percentage of our population suffers from a reduced quality of life due to oral and facial pain. This pain is largely due to infections of the gums that support the teeth and can lead to tooth loss. Infections in the mouth can affect major organs. One example is bacterial endocarditis, a condition in which the lining of the heart and heart valves become inflamed. Poor mouth care also can contribute to oral cancer, which now takes more lives annually than cervical or skin cancer. In addition, poor oral health affects the digestive process, which begins with physical and chemical activities in the mouth. Problems here can lead to intestinal failure, Irritable Bowel Syndrome and other problems.

### **What symptoms from other diseases show up in the mouth?**

Mouth tissues reflect symptoms of other problems. In addition, many diseases can be diagnosed in their early stages through an oral examination. These diseases may be characterized by swollen gums, mouth ulcers, dry mouth and/or excessive gum problems. Some of these diseases include diabetes, leukemia, cancer, heart disease and kidney disease.

### **What can I do?**

Seeing a dentist every six months can help identify diseases in their earliest stages. It is also important to provide your dentist with a complete medical/dental history and to inform him or her of any recent problems, even if they seem unrelated to your mouth.

### **What can my dentist do?**

A regular exams allows your dentist to keep your mouth in tip-top shape and watch for developments that may point to problems elsewhere in your body. A dental exam also picks up on poor nutrition and hygiene, growth and development problems and improper jaw alignment. Dentists counsel patients on home care for special oral health care needs. Dentists counsel patients on tobacco use, and also provide literature on the dangers of tobacco and information on tobacco cessation programs to patients.

*What does dental care have to do with a Food Pantry?*



We see many people during the month at Project S.H.A.R.E. They come with different abilities and different challenges. Some of our friends face the challenge of how to deal with years of poor dental health. There are many reasons for this challenge, lack of training, poor health and poor nutrition are among them. In our attempt to serve our community well, Project S.H.A.R.E. looks at how we can help our friends overcome challenges. Articles such as this one help us to educate and train better. Awareness of the need to provide foods that are rich in good nutrition enables us to equip our recipients to eat in a way that over time, can improve their health and contribute ultimately to better dental health in the community. Thank you for your help in moving these goals from ideas to reality.

# Recent Pictures from Project S.H.A.R.E.!





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## Calendar of Events

### Soup-to-Nuts Cooking Club

Thursdays 9AM-1 PM (except food distribution week)

### Clothing Distributions

Every Wed. 2 PM-5PM (except food distribution week)

### Farm Stand

Wed. & Fridays 10-12 noon

### Food Distributions

\*NEW HOURS for Thursday and Saturday: 9AM to 11AM\*

February 13, 14, 15, 17

March 13, 14, 15, 17

April 17, 18, 19, 21

### CANSTRUCTION Event

February 24 - March 4, Farm Show Complex (during the Homebuilder's Show)

### Savor the Flavor, A Taste of Carlisle at the Expo Center

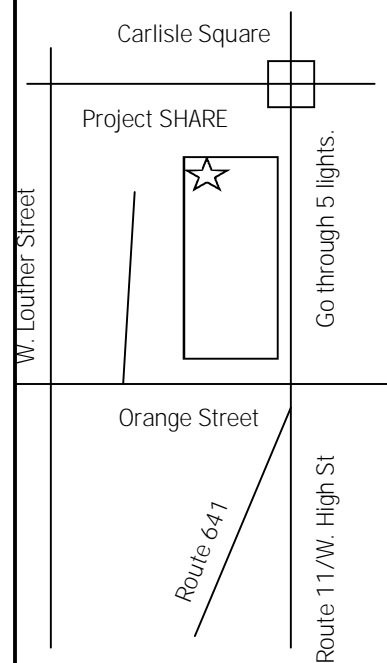
February 25, 11AM—2:30PM

### Souper Bowl Day of Caring

Sunday, February 4 at your church

### Empty Bowls

March 26, 6PM, HUB Social Hall at Dickinson College



We are located in the far end of the Dickinson Maintenance Building past the Central PA Youth Ballet.