



# N.N.O.C. NEWS

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Northwest Neighborhood Outreach Center

## Special points of interest:

- NNOC is ADDING Programs
- Healthier Eating, Better Life
- Jobs matter
- Planning for the Future.

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## NNOC IS ADDING PROGRAMS AND HELPING MORE

**Holiday Greetings** from your friends at Northwest Neighborhood Outreach Center! We have had a fantastic year and I would like to share with you what has been happening at our center.

To accommodate the increased need in our city, NNOC has been changing to meet those needs.

Our original location on Dewey Ave has changed its operations. After its transformation, with major help from some dedicated volunteers over several weeks, it is now home to our Education Center. The Smith Center for Lifelong Learning is using the space to tutor children! A huge thank you to Geneseo UMC for providing funding to put a long over-

due sign on the Dewey Ave Building letting everyone know we are there.

At NNOC's second location on Driving Park, we are now operating the meal portion of our program out



George Aberle provides some conversation at the center.

of the Grace Church on Driving Park which has much, much more space and allows us to expand programs. Our Meal Program now operating with the addition of Nicole

Galipeau, our Meal Program Manager, has really taken off. We are meeting the needs of so many more people. We will top 18,000 meals this year, which is up 20% over last year. Part of the increase may be due to the different location of our meal program. It is also growing thanks to the word spreading throughout the neighborhood, that the NNOC is *helping those that let us help them.*

Another program we offered were two sessions to provide people with tips to save money on their energy bills through NYSERDA EmPower NY sponsored by Cornell Cooperative Extension. Thirty five people attended the workshops.

## GROWING A COMMUNITY WITH HEALTHIER MEALS

At our recent addition, the Driving Park location, we have our Garden of Grace, which is sponsored by Foodlink. We were their first pavement garden and this year we harvested over 300 lbs of food, which benefited the community either through meals

served or as fresh produce. Foodlink brought several organizations through our facility to see our operation including the well-known Feeding America group which works closely with Foodlink. This program has been such a huge success that the

NNOC plans on "growing" the program to include more beds so that we can feed more good food to our clients.



Cooking up a great Thanksgiving meal.

### COOKING UP A BETTER FUTURE

In addition to our garden, Foodlink sponsored three different types of cooking classes. We had a *Cooking Matters for Adults* class last winter. There was a chef, a nutritionist and a certificate upon completion. One of the participants on fixed income secured a job in a restaurant upon completion of the class. Our next venture was a *Cooking Matters class for Families*. The kids had so much fun preparing meals and learning from the

chef. The chef brought his son with him, who is also a chef! One of our littlest participants stood on a milk crate to reach the counter so she could chop, grate, dice and stir with the rest of the kids. The nutritionist was a retired Home Economics teacher who helped everyone learn new things about nutrition. One of the families who participated seemed to gel as a family due to this experience together. The mother has lost about 20

lbs and the father has been working out at the "Y". Then Foodlink sponsored an 11 week *Just Say Yes to Fruits and Vegetables* class, which we held at lunchtime. People were treated to recipes, nutrition tips, a cooking demonstration of one of the recipes and a coupon to buy fresh fruits and vegetables at farm stands at many locations. There were 12 to 15 participants in each class.

**"We are now up to four who have gone on to gainful employment."**

### WE ARE WHAT WE EAT

Unhealthy food is indeed often more accessible and cheaper than healthy alternatives. Unfortunately, it's these very foods that make us unhealthy and overweight, causing all sorts of INCREDIBLY expensive medical problems down the road.

"The line must be drawn here!"

Healthy eating on a

budget IS possible. It just takes a game plan and a little creativity.

### NNOC IS HERE TO HELP!

We partnered with the Friends of the Public Market in the distribution of "Doublers Coupons" which allows people on food stamps to double their purchase power at the public market and at Foodlink Curbside Mar-

kets giving them more access to fresh fruits, vegetables, eggs, bread, and even honey.



Thanksgiving Dinner 2014

### GIVING THE TOOLS, TRAINING FOR EMPLOYMENT, TRAINING FOR LIFE

Our meal program is staffed by WEP Interns (Work Experience Program). We currently have a staff of 11 WEP Interns. We are now up to four who have gone on to gainful employment. One of the interns was able to get her job due to the Food Safety Certification program. She is now doing food preparation at a coffee shop. Another of

our interns is attending college and made the Dean's List. We have also started working with her on a Mentoring Program for Retail Management. Our staff is very important to us. We cannot do all that we do without them.

On another front, our ID Restoration Program is still going strong. A copy of a birth certificate is

usually the first step to restoring identification, which allows people to get jobs, go to school, get into a better apartment, or even open a bank account. If a person is born in Monroe County, the cost is \$30.00. That amount of money could feed a person for a week.

**BECAUSE ROCHESTER MATTERS...**



Mary Martin helps a young man with some apple juice.

A report by Rochester Area Community Foundation and ACT Rochester details startling statistics behind our community's ongoing struggles with significant poverty issues.

Poor people live in every city, town and village in our nine-county region, and **160,699 live below the federal poverty level.** While the highest concentration of poor are in the city of Rochester, the majority of our region's poor people (59%) live outside the city.

However, it is the city's in-

creasing concentration of poverty that is pushing Rochester higher in the rankings of poor U.S. cities.

For example, Rochester is the:

-**Fifth poorest city** in the country among the top 75 largest metropolitan areas;

-**Second poorest** among comparably sized cities in those metro areas;

-Ranked **third for highest concentration of extremely poor** neighbor-

hoods among cities in the top 100 metro areas;

The poorest school district in Upstate New York and the poorest urban district in the entire state.

Rochester needs help. It needs your help. With institutions like NNOC, we can make a difference in our community and start the difficult task to reverse this disturbing trend. Thank you for your time, efforts and assistance in helping NNOC help other succeed in today's challenging world.

**THANK YOU!!!**

There are many *we would like to thank* in addition to all the fantastic donors who have supported us for a long time and all of our new supporters.

- Leon Perkins and Walt Mathias for their tireless efforts and fantastic work in refurbishing the Dewey Ave location.
- Chris Kohler and Bill Schaffer for their support in the refurbishment efforts as well.
- Foodlink – Gretchen Adams, Laura Sugarwala, Alyssa Bennett, Larkin Kimmerer and Nathaniel Mitch for their steadfast support of NNOC and making programs available to us.
- Duane Miller for founding our organization and for turning 80.
- To all of you who participated in the 6th Annual Danielle Rae Guistina Golf Tournament this past August. It was a resounding success and fun was had by all! And please save the date for next years tournament, August 17, 2015 at Wild Wood Country Club!
- T.Y.Lin International staff for providing Thanksgiving baskets for many deserving families.
- Penfield UMC for providing the Stars Program which will provide Christmas gifts for many deserving children.
- Last, and certainly not least, Geneseo UMC for providing the funding for our sign on the building at our Dewey Ave location.

EVERYONE ELSE WHO HAS DONATED TO *HELP US, HELP OTHERS, HELP THEMSELVES.*

“A copy of a birth certificate is usually the first step to restoring identification which allows people to get jobs“



**HAPPY 80th BIRTHDAY TO OUR FOUNDER DUANE!**



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**Our Mission**

NNOC is an outreach center that contributes to the health of the Maplewood and Edgerton neighborhoods. Using "walk-in hospitality" to connect with our neighbors in need, NNOC's mission is to assess and address clients' needs at whatever point they are in life. Working in collaboration with other service providers, as well as using client peer support and encouragement, we help our clients advance toward self-sufficiency, which will improve the neighborhood as a place to live, work, play and worship.

Helping Others, Help Themselves

Donations are accepted securely through our PayPal Account via Credit Card on our website. Also, feel free to use the form enclosed with this newsletter. THANK YOU for supporting us!!

Visit us online at :  
[nnoc-roc.org](http://nnoc-roc.org)

United Way Donor Number 2211

Please consider making a **tax deductible** donation either by mail, in person or via secure **Pay Pal** on our website [www.nnoc-roc.org](http://www.nnoc-roc.org) :



I would like to help NNOC help to educate others:

<input type="checkbox"/> \$25 <input type="checkbox"/> \$50 <input type="checkbox"/> \$100 <input type="checkbox"/> \$500 <input type="checkbox"/> <b>Sustaining Member</b> @ \$ _____ per Month  Your Email: _____	Name: _____  Street: _____  City: _____ State _____  Zip: _____  <input type="checkbox"/> <b>In Honor Of:</b> _____
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Please use the enclosed envelope or send donations to:  
**NNOC**  
PO Box 13109  
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**"Education is the most powerful weapon which you can use to change the world." - Nelson Mandela**