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## Martha's Table Mission Statement

To help at-risk children, youth, families and individuals in our community improve their lives by providing educational programs, food, clothing and enrichment opportunities.

UW #8445

CFC #29262



## The Faces behind the Numbers

### A letter from Lindsey



*(The following was adapted from Lindsey's remarks at the recent October's Best event)*

There have been a lot of census poverty numbers released recently:

- Another 5,000 District residents slipped into poverty in 2010, bringing the total to nearly 120,000. For kids, 1 out of 3 live in poverty.
- That is 20 percent of our city trying to survive on an income of \$22K for a family of four. Notably, that is about the average annual cost of day-care for one child.
- The poverty rate in DC is at the highest recorded level in the 52 years that poverty levels have been compiled and published.

Given the significant wealth disparities in the DC region, these statistics and others about the impact of the recession can sometimes appear conflicting. The bottom line is that the number of people in poverty is going up to numbers not seen for a long time. And falling into poverty is a grueling experience, especially when it is for the first time.

These are numbers. They are helpful in understanding the landscape. They are critical as we measure our overall impact with the number of children ready to start kindergarten, the number of hungry fed, the number of people clothed, or the number of high school or college graduates.

To address poverty, however, to create impact, our daily approach is very personal. To change the numbers you have to deal with the individuals behind them: the very individualized reasons that someone is in poverty and the very individualized challenges they face in getting out of poverty.

To really get a sense of them and the impact we make, I want to tell you about Dorothy.

One of the reasons I connect with Dorothy is that our kids are about the same age.

Dorothy has two children, ages 7 and 3 and like many Americans, she recently lost her job, which was at a bank. After watching many members of her family depend on welfare for many years, Dorothy was determined not to enter the welfare system.

So she set out to create her own safety net. She learned how to get vouchers so her children could attend Martha's Table's daycare and afterschool programs. She now receives food from our pantry program and professional clothing from Martha's Outfitters for job interviews. Recently, she leveraged her financial background to get a part-time cashier trainee position at a grocery store.

Dorothy also is a survivor of domestic violence, and she had to flee her home. Thankfully, she and her children are safe now in temporary housing through a domestic violence shelter. But she has a ways to go before her life is back to normal again.

This is Dorothy's reality. This is her kids' reality. Everything is not going to be great overnight. But Martha's Table is here to provide the support she needs to make it work. We work with her to provide the immediate supports that are the beginnings of stability. And the long term commitment and structure that are the foundation for a different future for her and her kids.

And we are working with hundreds of other families like Dorothy's, too. Our high quality programs provide a variety of solutions through a community of caring.

At this time of year we all think a lot about community, and I am so grateful that you are part of ours. Thank you for all you do to support the many Dorothys that are in our community as well.

# Martha's Table

## EDUCATION • FOOD • OPPORTUNITY

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DEC 2011  
Newsletter



## October's Best: Celebrating Martha's Table's Best



On October 26th a number of Martha's Table's friends and supporters gathered at the Turkish Embassy Residence for an event called October's Best: Celebrating Martha's Table. October's Best honored Dr. Richard Lodish the Associate Head of School and Director of Special Projects for Sidwell Friends School and a long time friend of Martha's Table. During Rich's 31 year association with us he educated hundreds of Sidwell children about the issues Martha's Table addresses.

October's Best was a great success, it raised more than \$121,000 (net) for programs that find short-term and long-term solutions to poverty. Thanks to many generous in-kind donors who donated everything from the space, to flowers, food, spirits and time, we spent less than \$9,000 to make it all happen, meaning that 93% of everything that was raised could support our work. We want to extend a special thank you to all those who made this event possible, in particular:

### Opportunity Sponsors

- Ms. Sarah Hicks Buss
- Ms. Cathy Sulzberger & Dr. Joe Perpich
- Ms. Elsa Walsh & Mr. Bob Woodward
- Ms. Barbara Washburn & Mr. Bill Murphey

### Teen Workshop Sponsors

- Goodyear
- PricewaterhouseCoopers
- Mr. Mark Stumpf & Ms. Betsy Bruce
- Mrs. & Mr. Lori & David Vise
- Ms. Sarah Hicks Buss
- Ms. Rebecca Womeldorf & Ms. Claire McCarthy

### Nutrition Sponsors

- Mr. and Mrs. Carter and Lisa Cafritz
- Bank of Georgetown
- Heller Family Foundation
- United Technologies Corporation

### Community Sponsors

- Ann Canfield & Associates
- Elsie Whitlow Stokes Community Freedom Charter School
- EagleBank
- Mr. & Mrs. Ellis & Joy Carr
- Mr. & Mrs. Albert & Claire Dwoskin
- Mr. and Mrs. PG & Margery Gottfried
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- Open Solutions, Inc
- Reznick Group
- Mr. & Mrs. Steve & Shelley Robinson
- Skadden, Arps, Slate, Meagher & Flom LLP & Affiliates

**Martha's Table is so grateful of this support.**



# A CATALOGUE OF GIFTS

Looking for that unique gift for that special someone? How about selecting one of these items that support Martha's Table's programs? Here is a sample of our offerings:



## Healthy Food = Healthy Children

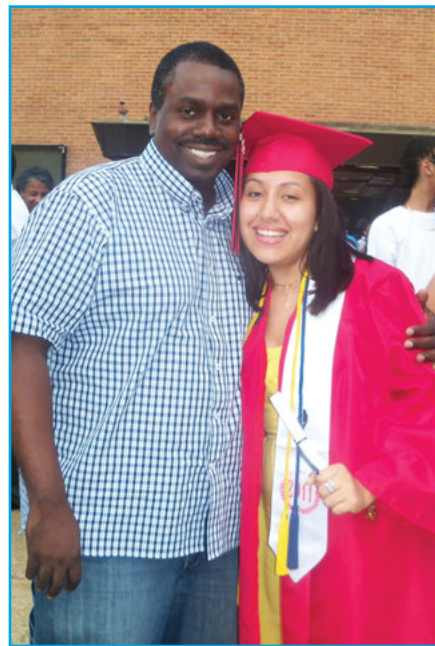
Your \$50 gift will help us provide fresh fruits and vegetables to the children in our daycare and after-school programs. Your gift will supply our nationally-accredited daycare (about 90 children) with fresh fruit for breakfast for one day.

*Eating fruit and vegetables gives children the energy they need to play, learn, sleep better, and build stronger teeth and bones.*

## Give the Gift of Debate

Your \$125 gift will ensure that middle school students who are learning the art of debate have the tools they need to succeed. Your gift will provide debate curriculum and materials for competition for middle school students.

*90% of speech and debate participants nationwide matriculate to college, and a majority continue on to graduate school.*



## Comforts of Home for a Kid away at College

Your \$500 gift would provide a youth with funds to assist in transportation to and from school, purchasing books, as well as classroom technology and study aids that will allow the student's full academic strengths and talents to shine.

Jackie found out about Martha's Table's Teen Program from

a friend. She loved the program and the staff so much that within a short period of time, she became a daily participant and one of our most diligent and resilient students. Jackie's journey has been a difficult one, but she continues to meet each challenge with a smile and the attitude of a conqueror. As a student with learning exceptionality, Jackie often found herself needing additional assistance and time for her homework assignments. In many instances, she had to work much harder than the other teens in order to achieve good grades. She never complained or felt sorry for herself. Jackie just worked harder to prove, not only to herself, but others, that she was able to do the task at hand. She says "I want to show other students with the same problem I have, that they can do what all the other kids can do. They just have to work really hard, but they can do it." In addition to working part time, Jackie organized community service events, and with the support

she received from the Teen Program became an honor roll student. Now she is in her freshman year at Trinity University, here in Washington, DC, and is progressing toward her goal of becoming a Registered Nurse.

*During the 2003-2004 academic year, only 20% of DC high school students with disabilities graduated with a regular diploma.*



## Help Martha's Table Develop Leaders

Your \$1000 gift will help us develop crucial social and leadership skills for youth participating in our service learning program called **Martha's Table Teens Care**.

Martha's Table youth engage in a workshop called "Tell the Story, Spread the Word". This is a two-part leadership development campaign. In part one of the campaign, students use, graphic design, creative writing and photography to Tell the Story of themselves, their families, and/or those in their community. In part two of the campaign, through social media, students will Spread the Word about the stories created, as well as other issues they feel are affecting

their lives and/or the lives of those in the communities in which they live. Our goal is that Tell the Story, Spread the Word workshop will empower our young people and give them the voice that they sometimes lack because they feel silenced.

*Research shows that teens who do not participate in after school programs are nearly three times more likely to participate in deviant activities.*

## The Kettle



Martha's Table without a soup pot? Unthinkable! But recently, we've had to "make do". Early in September our ever-faithful 80-gallon kettle churned out its last bowl of soup for McKenna's Wagon.

Over the past ten years, this stainless steel behemoth had produced nearly one-quarter of a million gallons of soup or roughly two million servings. Eighty-gallon kettles are expensive, and a new tilting kettle is about \$20,000! We have raised \$11,500 towards the kettle so far but still have a long way to go.

Your gift of any amount will ensure that the Food Program staff and hard working volunteers can continue to provide over 65 gallons of soup a night to individuals and families on the streets of DC, 365 days a year. Read Fred's story below to see the impact of McKenna's Wagon, our mobile soup kitchen.

## A story from a McKenna's Wagon driver, Fred

It was Memorial Day, 2010. My wife joined me that day to serve on the van I was driving. It was the end of the month, so there was a huge crowd. At the second stop, the line was very long. I was serving sandwiches from the side of the van. When I looked up, I saw a grandmother standing there with three grandchildren, the oldest was maybe 4 or 5 years old. The people in line had moved them to the front to get fed first. The look of sadness in the children's eyes broke our hearts. We loaded them up with food and saw their eyes brighten, ever so slightly. That family really struck me. What was their story? How did they get to this point? What were they doing on other days? Though these questions will likely never be answered, I know that on that one day, those kids went away with a hot cup of hearty soup and enough sandwiches to get them through a couple of days. It made me realize how blessed we are and how important McKenna's Wagon is to the people it serves. It may be one of the few things that these folks can count on in their lives. I'm blessed to be a part of it.



## TWO EASY WAYS TO GIVE

**Mail the enclosed form with a check to:**

- ▶ Martha's Table, 2114 14th St. NW Washington, DC 20009
- ▶ All mail orders must be **received by December 19th**
- ▶ Martha's Table will send a letter to your friend/family by December 25th.
- ▶ Please provide us with two pieces of important information
  - Name and address of who your gift is in honor of.
  - Gift you would like to give them (the Kettle, College Preparation, Fruit and Vegetables, etc)

**Order Online [www.marthastable.org/holidaygift](http://www.marthastable.org/holidaygift)**

- ▶ Please provide us with two pieces of important information, please email the information to Ann Brookover at [abrookover@marthastable.org](mailto:abrookover@marthastable.org)
  - Name and address of who your gift is in honor of.
  - Gift you would like to give them (the Kettle, College Preparation, Fruit and Vegetables, etc)

## Missed the Deadline?

You can always print or email your own honor cards or send e-cards to your family and/or friends anytime by visiting [www.marthastable.org/holidaygift](http://www.marthastable.org/holidaygift).

**To find more gift ideas visit our website at [www.marthastable.org](http://www.marthastable.org)**