



## A Word From Our President

Dear Friends,

Hope this newsletter finds you and your family in good health. It is hard to believe that summer is almost behind us. It has been a season of opportunities, hope, and challenges associated with things new and different.

At CAC, we were pleased to launch our Summer Youth Employment Program, expand the Summer Food Program, and honored to have been selected as a State Weatherization Agency which grants us the opportunity to make homes energy efficient across the State.

Contained within this newsletter, you will find marvelous evidence of our gifted and dedicated staff and volunteers as well as our organization's aspiration to help families in times of need. Over the summer as our staff continued to serve families with housing, energy, and crisis services, our hard-working volunteers eagerly participated with our food and youth employment programs. They spent hours at our Community Garden planting and harvesting fruits and vegetables, volunteered at the Howard County Food Bank, and served lunches to children at multiple sites.

Along with our volunteers, I would like to thank our very special donors that make many of our programs possible. Ascend One along with United Way of Central Maryland were essential in funding our Summer Food Programs. We thank you for your continuous support and assistance as we work together to help families in need.

I hope to see you at our very special event on October 19, 2011 where we will honor David Weeks from Glenelg Country School and The Howard County Arts Council for their outstanding community service to low-income families of Howard County.

Thank you for your support,  
Bita Dayhoff  
President

## The 16th Annual Holland Awards Dinner

**Join Us**  
to hear from Dr. Freeman Hrabowski,  
President of UMBC and to honor  
David Weeks with the  
Humanitarian Award  
as well as the  
Howard County Arts Council  
with the Service Award.

**PEOPLE  
HELPING  
PEOPLE**

Wednesday, October 19th, 2011  
6:00 pm  
Turf Valley Country Club

Payment may be made using PayPal at  
[www.cac-hc.org](http://www.cac-hc.org) or by check  
payable to CAC  
6751 Columbia Gateway Drive,  
Columbia, Maryland 21046

For more information,  
please visit [www.cac-hc.org](http://www.cac-hc.org) or  
contact Connie Ballenger  
at [cballeng@cac-hc.org](mailto:cballeng@cac-hc.org)

Dinner Tickets  
\$75.00 each  
\$65.00 table of ten  
Advanced registration  
is required.

Exciting  
opportunities  
are available.

To purchase tickets, click [here](#)

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## Head Start

Head Start schools will open on August 31. The schools are fully enrolled with 15 classrooms in three locations. We are looking forward to another great year for our students, parents, staff and the community.

## Crisis Intervention

In the past fiscal year, CAC assisted over 4,700 households with energy grants, providing \$4,347,128 towards heating and electric bills on their behalf. Housing assistance requests increased by 55% and CAC was able to help 431 households prevent eviction or obtain permanent housing. We were successful in bringing new funding into the agency allowing us to resolve hundreds of energy and housing emergencies, and plan to continue pursuing new opportunities in the upcoming year.

## Food Bank

During this past fiscal year, the Food Bank has served 16,011 individuals and distributed 351,769 pounds of food throughout the community. Thank you for your continual support and we look forward to another successful year!

## Weatherization

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In the past 7 months, our Weatherization Program has completed work on 147 homes at an average cost of \$4024.24. Most of our clients report an immediate increase in comfort and a 20 to 30 percent reduction in energy cost.

## CAC Provides Lunches to Young County Residents

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This summer, the Community Action Council of Howard County (CAC) is not relying solely on its Howard County Food Bank to help Howard County residents obtain ample, nutritious food. CAC is taking box lunches to the county's youngest citizens - from toddlers to 18 year olds - in two locations.

CAC's Summer Food Program, held in partnership with Community Homes Housing, began June 27 and continues every weekday through August 5.

Read the rest of the story [here](#).

## Helping Teens Get a Jump Start Towards Employment

For five weeks, Monday through Friday, teenagers from the Community Homes Housing Complex and local area had the opportunity to brush up on their interviewing skills and learn about employment opportunities in anticipation of their own future occupations. With a state funded grant, the students were paid small stipends to assist with various duties from gardening to completing large mailings. They also received resume assistance, interview training, and career guidance as well as training in environmental and energy conservation.

"It wasn't their typical summer job," said Katherine Stinchcomb, the Program Coordinator. "Unlike most teenage summer jobs, like working at the movies or at fast food restaurants, it was the kind of job where they were educated. They got the full spectrum from energy conservation to interview training."

The Program, called the Teen Educational Employment Program, was designed to help students confidently present themselves as valuable workers in the job market. Along with the skills learned with career building, students were also trained in energy efficiency and conservation measures. These measures included training in installation of compact fluorescent light bulbs, low flow shower heads and aerators.

The students were also taken on field trips to places like the Chesapeake Bay and woodland areas, places that some of them had never visited before. The purpose of the field trips was to acclimate them to the environmental concerns that the world is faced with today.

"It was rewarding to see them taken out of their comfort zone and be able to still enjoy it," said Stinchcomb. "Some of the students really got to explore something they had never experienced before."

The primary focus of the program was in the career building training. Students were helped with various aspects of seeking an occupation, from the resume writing, to the actual interview. They were encouraged to open their own bank accounts, and they learned about the importance of saving for their futures. In addition, there was a contest for the students at the end to see who had managed to save the most money.

Students were asked, "What can I work on and how can I improve?" the students were challenged to think about some of the concerns that they would be facing in a real life job situation. With the extensive training, the students showed a definite improvement and confidence in their abilities.

"At the end of the program, all of the students were put through a mock interview to see what they had learned" said Stinchcomb. "Amazingly, the interviewer told me that she would have hired all of them had it been actual interviews."

In the end, Stinchcomb believes the program was a great success and would be interested in continuing and improving the program in the future.

"I think the program was very valuable to the youth of the community," said Stinchcomb. "It made a difference to their summer, and to the rest of their lives."

## Children Should Wear Chefs' Hats in the Kitchen

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While youngsters gathered in one room at the Dasher Green Head Start Center in Columbia on July 21 to make white, puffy, chefs' hats, their parents brushed up on nutrition and exercise tips in a nearby room. After 45 minutes in separate groups, the parents and children converged to make and eat an energy mix made from cereals and raisins along with a pasta salad loaded with veggies and whole wheat macaroni.

When handed a giant white spoon to mix the pasta and veggies, one young participant exclaimed, "I can stir it," showing she was hungry for kitchen duty. Another expressed her taste for the newly created concoctions in one word, "Yum."

Read the rest of the story [here](#).

## A Comment From Our Customer

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Dear HCCAC,

Your weatherization assistance has helped me tremendously by reducing the amount of energy that was escaping from my home. This equates to a reduction in my energy bill. I would never have been able to afford to pay for the work that was done to my home without this program. I lost my job back in July of 2010 and I would just be able to pay for this great service which will save me hundreds of dollars over years to come in heat and air conditioning that would be lost to poor insulation and openings in my house. After the inspection I was able to realize a reduction of 1/3 of energy escaping from my house.

This is a program that many people in my position would benefit from. The weatherization assistance program has allowed me to keep money in my pocket that could be used for other real necessities. Thank you for assisting me in this very valuable way.

Sincerely,  
A weatherization client