

**September Monthly Newsletter**

1 message

**Bread of Life** <info@breadoflifemalden.org>  
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Fri, Sep 8, 2023 at 10:22 AM

**September Monthly Newsletter****Bread of Life***Food for the body...Nurture for the soul***Reflections from our Director**

*"A person's most useful asset is not the head full of knowledge, but a heart full of love, an ear ready to listen, and a hand willing to help."*



Last month, I told you how Bread of Life had expanded its services, adding a second Everett food distribution site even while we are in the midst of constructing our new facility at 54 Eastern Avenue in Malden. Well, our expansion continues. On August 8th, Gov. Healey declared a state of emergency due to the influx of migrants seeking shelter at a time when the cost of housing, already in short supply, continues to rise. There are nearly 5,600 families or 20,000 people currently living in state shelters, including infants, young children and pregnant women. That is up from around 3,100 families a year ago, about an 80% increase. Gov. Healey renewed her call to local organizations that can assist those seeking shelter. As a result, BOL was asked to provide food services for two new hotel shelters. We delivered groceries and meals to 18 families sheltered in a hotel in Chelsea for three weeks, until an agency was identified to take over food provision and case management. Then Housing Families Inc (HFI), our local shelter and housing provider for homeless households, asked if we would be able to deliver food weekly to 40 families, 120 individuals sheltered in a hotel in Woburn. This number is anticipated to swell to 100 families, 300 individuals within the next few months. We already have been partnering with HFI since early 2022, providing weekly food deliveries for 20-36 homeless individuals sheltered in a local motel. We quickly worked out the details with HFI and launched our services for the Woburn shelter August 31st.

I'm continually in awe at the adaptability, innovation and commitment of our staff and volunteers who do so much amid shifting conditions, with whatever resources are at hand. Bread of Life has always had a very lean budget, leveraging volunteers and food donations for maximum effect. We see the very real plight of people who are hungry and homeless every day. But we also see miracles every day. God provides in circumstances never anticipated, in ways never expected, using people of all kinds and all abilities. We join our hearts, ears and hands together to see those miracles continue, to see our hungry neighbors fed and our homeless neighbors sheltered. Thank you for joining your heart and ears and hands with us.

God bless you,  
Gabriella

## Under One Roof Update

Construction continues in September on our new facility at 54 Eastern Avenue in Malden with rough electrical, plumbing and HVAC work; delivery of showers for the apartments; paving; the start of fire protection/sprinkler system install, and the start of roofing. The anticipated completion date for construction is February 2024.



Photo FR37.1

Carpenters were installing the faux windows at the elevator on the north elevation.

The 54 Eastern Ave project will bring all BOL programs under one roof - food pantries, evening meals, backpacks, teen center collaboration, motel shelter food provision, grocery delivery and food access - along with our offices and a multi-purpose hall for expanded programs. The project also provides 14 affordable studio apartments owned and operated by Metro North Housing Corp (MNHC) to provide permanent housing for very low-income formerly homeless individuals.

We are thrilled to have received two grants recently that will help us buy furnishings and equipment for our food pantry warehouse, distribution center and multi-purpose dining hall. In August, an amendment sponsored by Sen. Jason Lewis in the state FY24 budget was signed into law by Gov. Healey, resulting in a grant of \$85,000 to BOL. In July, the Cummings Foundation awarded us \$89,000 from a fund intended to help with special purchases.

These investments in BOL's food security work, along with the contributions from over 1,100 donors like you, are making this project a reality!

Thank you,

Gabriella Snyder Stelmack, Executive Director, Bread of Life

## Making a Difference

In August, Bread of Life hosted a small crew of hard working young adult volunteers from Triangle Inc who got hands-on work experience in our Grocery Delivery Program and Food Pantry. It was great to have their dedication to helping serve people in need! Triangle Business Engagement Manager, Terry Holmgren, said about partnering with Bread of Life: "I feel that students enjoy contributing to a meaningful cause while teaming up with each other and meeting new volunteers."

A community member who comes to Bread of Life's food pantry in Malden posted online: "Bread of Life, the experience was wonderful, I didn't wait too long. The staff and volunteers were great, so helpful, the best!!!"

## Community News

### **Bread of Life Walk, October 1st**

Bread of Life's Walk/ Fundraiser

Sunday, October 1st, at Pine Banks. A

thank you to Marilyn and Ed Andrews

as Finish Line Sponsor in Memory of

Marilyn's parents, Cathy and Stan

Rezendes.

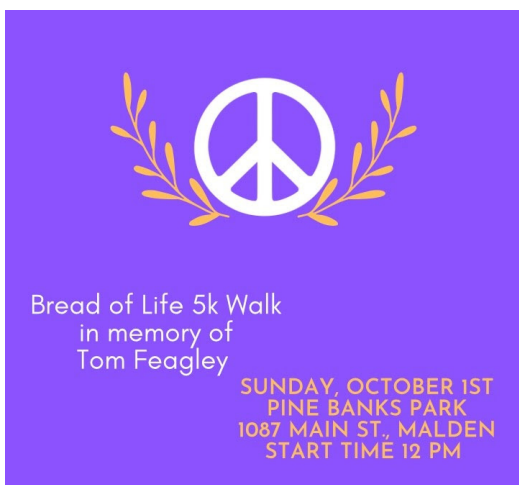
Walker registration now available!

[Click here](#)

[Donation Form \(donorperfect.net\)](https://donorperfect.net)



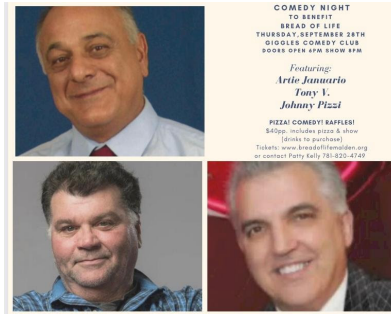
IN LOVING MEMORY OF  
CATHY & STAN REZENDES  
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## Comedy Night

Have you purchased your comedy night tickets?! Join Bread of Life for a fun night of comedy, all you can eat pizza (yay!), raffles and lots of laughs! Thursday, September 28th at Giggles Comedy Club. Doors open 6pm, show 8pm. Raffle items include a coffee gift basket, including this generous gift card from our friends, Kennedy's Cafe, Stoneham! Purchase your tickets here: \$40 per person

<https://interland3.donorperfect.net/weblink/WebLink.aspx?id=44&name=E333299>



## Save the date for Benefit Concert

We're so excited! Save the date for Benefit Concert, Friday, October 27th at The Sanborn House Historical and Cultural Center!

Thank you Winchester Savings Bank Harris & Murphy, LLP Mahtani RE Leading Edge Real Estate.





## Volunteer Opportunities

**Arabic, Cantonese, Creole, Mandarin, Portuguese, Spanish speakers welcome!**

### **Malden Food Pantry, 109 Madison St., Malden**

Mondays/Tuesdays/Fridays 12-5pm; Wednesdays 10am-6:30pm; Thursdays 10am-5pm

Come for whole time or just a few hours. No need to contact us beforehand. Just drop in when you can.

Ways you can help: load/unload vehicles, sort food, stock shelves/refrigerators/freezers, organize/clean, pick up/deliver, pack groceries, distribute food, work with the public, translate, help with data/admin tasks.



### **Grocery Delivery Program Drivers, 109 Madison St., Malden**

Wednesdays/Thursdays - any time from 10am-5pm

Help deliver boxed groceries to homebound individuals in your vehicle. Serving Chelsea, Everett, Malden, Medford, Melrose, Lynn, North Reading, Revere, Stoneham, Wakefield, Winchester, Winthrop, Woburn

### **Everett Mobile Market**

Come for whole time or just a few hours. No need to contact us beforehand. Just drop in when you can.

Preparation: Thursdays 10am-12pm, 109 Madison St., Malden Help move food, pack groceries and load food onto truck for food distribution.

Distribution: Thursdays 3:30-5pm, Lafayette School Parking Lot, 117 Edith St., Everett Help unload and distribute groceries from truck; check people in; break down and clean up.

### **Everett Backpack Nutrition Program, 109 Madison St., Malden**

Preparation: Fridays - any time from 12-4 pm

Help pack backpacks with breakfast, lunch, supper and snack items for students in need.

Distribution: Mondays - 11am-1pm Help make deliveries to schools.

Food Access Project, 109 Madison St., Malden

Help implement activities and translate information to improve food access for non-English speaking communities.

And Also... There are many ways to make a difference – be creative! Organize a food drive, Bake cookies, Make goody bags, Write/Draw greeting cards, and more...

**Contact: Eileen Mullen, Volunteer Coordinator: Eileen.Mullen@BreadofLifeMalden.org, 781-397-0404 (main office)**

*Food for the Body...Nurture for the Soul*

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