

SPRING



Winter of 2015-2016 has been one of the warmest winters in years! Last year we were buried with over 100 inches of snow! This past winter we were fortunate to only have a few storms. Sadly, for those who ski, snow board or ski mobile, you had to travel North to our sister states in New England to strap on those skis and jump on those snow boards.

Yet, as New Englanders, by March we are always ready for Spring to arrive! Especially when Mother Nature dishes out those record breaking high temps! And then, there is always that “*chance of snow*” in April! Wait, it DID snow this past week!! It was not a funny April Fool’s Day!



With the onset of this fresh, new season of Spring it gives each of us an opportunity to look forward to brighter times. Fresh air, spring rains to bring out the greenery and spring flowers. A time when we can lower the thermostat on the heater and open the windows during the day.

Easter Fun Easter Fun



Women Supporting Women did an Easter egg hunt and party for the *Pilgrims Hope* resident children the Wednesday before Easter. Both the children and the parents had a wonderful time.

In addition to the egg hunt, there were arts & crafts, and lots of delicious treats.

Women Supporting Women is a group of women from the Kingston area. They have supported the Coalition for many years providing holiday parties, as well as offering their various skills to assist our clients in reaching their goal to become self sufficient.

We cannot thank these gracious women enough for their unselfish gifts of giving of their time and efforts to brighten up our residents days. The laughter and fun of the children brings great joy to the children and parents on many occasions.

THANK
YOU



Spring Sports



We've been waiting all winter for the sound of the crack of the bat, soccer ball hitting the net, kids cheering teammates, parents and grandparents sitting in the bleachers.

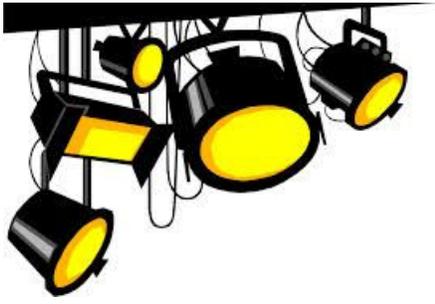
Baseball tryouts, spring soccer or lacrosse....children are never too young to learn a sport!



Building patience and self-esteem, confidence and pride in a job well done. The thrill of the first real uniform, the friendships created through teamwork, all great memories created in sports.

I can do it! Just watch me!





Spotlight



Helen Curtin MacLean
Executive Director, Plymouth Area Coalition

You have had quite a journey from a manufacturing business in 1995 to Executive Director of Plymouth Area Coalition for the past five years. What was the most interesting facet of that journey? And, why Social Services?

The opportunity to work in both the nonprofit and for profit sector has been very valuable. It has allowed me to understand both perspectives and connect meaningfully with those in both worlds. In order to enlist the support of those in the corporate world, it is important to have a strong understanding of what their corporate goals are and determining how best we can accomplish our common goal of serving our community.

The Executive Director wears many hats. Please provide some insight into the not-so-obvious daily tasks of the woman who captains the ship.

Well, the majority of time it certainly is anything but glamorous. Working in the nonprofit world can be very rewarding but it takes a significant amount of hard work to keep things afloat. Many times we find ourselves in “work boots and hard hats” to get things done. We are landscapers, painters, gardeners, movers, cleaners, maintenance, tech support, the list goes on. No matter what the job, we are willing to do what it takes to get it done. There is no “watching the job get done” for a successful Executive Director. He or she must be willing to work side-by-side with coworkers in every level of the organization.

What do you consider to be the most difficult aspect of those who seek safe temporary housing to pull themselves together?

There are many barriers for those who seek this basic need. For most, I am sure the obvious come to mind; lack of affordable housing, unemployment/underemployment, domestic violence, mental health issues, substance abuse, and generational dependency. However, these and the many other causes of homelessness, contribute directly to a loss of self confidence for the families we assist. To be unable to provide for one’s family can be detrimental to a person’s self image. Many feel defeated and must be encouraged to push forward no matter how insurmountable the task may seem. We guide our families to focus on what they can do and how far they can go, not of what they can’t do and where they have been.

Please share with the readers of the newsletter what brought you to Kingston?

The Coalition relies on the community to help us bring our many services to those in need. I grew up in Kingston and remained in the area to raise my own family. To not only be a member of our wonderful community, but to also have the good fortune to lead such a community oriented agency are facets of my life that I am very proud of.

Do you have a mentor in the Social Services?

I began at the Coalition in early 2002 as a case manager. Each and every person I have worked with along the way has taught me something valuable. Our organization has enjoyed a very diverse staff, affording us the opportunity to view the needs of our community in various ways. I have learned, and continue to learn, so much from those whom I have worked with to assist others. It is the staff, volunteers, donors, and others who support our mission that inspire me every day.

Thank You

Comdey Night

Saturday May 7, 2016

Join us for a night of fun and extreme laughter. Knights of Columbus #4480,

91 South Street, Kingston, MA. Tickets one for \$25.

Table of eight \$175.



fundraiser



Laughter
is the
FIREWORKS
of the
Soul!

Come join us for a night of laughter. Comedians John Turco and Jim Colliton will be performing. Complimentary appetizers and cash bar provided. 50/50 raffle. All proceeds to benefit Plymouth Area Coalition.

Contact Joshua Roberts to purchase tickets 781-582-2010 or jroberts@plymouthareacoalition.org

Sponsors Wanted



Plymouth Area Coalition is seeking those who would like to join the

Project Bread's 2016 Walk for Hunger.

If you and/or a group of your weekend runners or walking partner would like to join a fabulous group of people to represent the Plymouth Area Coalition please call our office 781/582-2010

to ask how simple it is to join this fabulous annual walk!...

Note: you certainly are free to RUN also...it's a 5K..you can do that!!

Start Times: Heart & Sole Lounge: 6:30am

5K Run: Check-in & bib pick-up: 6:00am - 7:00am, **Start:** 7:00am

Walk: Check-in & bib pick-up: 8:30am - 10:00am

Rolling start: 8:30am - 11:00am

**You Can Walk. You Can Run.
You Can Help End Hunger In Massachusetts.**

On Sunday, May 1st 2016, more than 40,000 people will come together on the Boston Common to make a powerful statement about hunger in Massachusetts. Money raised from the Walk will be used to develop and fund hundreds of critical programs that provide hunger relief to families and individuals across the state.

In addition to the scenic 10-mile Walk course along the Charles River, this year the Walk for Hunger will kick off with a 5k starting on the Boston Common. Whether you jog the 5k, walk one mile, or all 10, please register and donate today and join the tradition.

Per Project Bread

Because Project Bread intentionally does not rely on the financial support of multinational food companies, our work can be shaped and driven expressly by local needs and integrated with local businesses - a fact that sets us apart from every other statewide and national anti-hunger organization in America.





Happy Mother's Day

May 8, 2016
Sunday



“When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child.” ~Sophia Loren



Call your Mother, your grandmother, your step-mother, your foster mother or whomever it was that took over the role of mothering you. Thank her for all she has done for you. Even when you were mean, mouthy or ungrateful, as a child she still loved you, cared for you and supported many of your choices.



“My mother is my root, my foundation. She planted the seed that I base my life on, and that is the belief that the ability to achieve starts in your mind.” ~Michael Jordan

Mom, Mama, Mother,
Mommy, Grandmother,
Nana, Mimi, Grammy,
Nanny, Gran..
they truly are the best!





Sacred Heart 6th Grade Class

The 6th grade at Sacred Heart School collected clothes to donate to the Plymouth Area Coalition as a way of giving back for their Lenten project. The students did a great job collecting clothes and they have already brought many bags to the shelter!

Children Helping Those in Need



SACRED HEART SCHOOL
PRE-SCHOOL THROUGH GRADE 12

Inspiring Minds | Fostering Faith

We Need Your Help



Linens Needed

We are in need of [new twin size bedding](#): sheet sets, blankets, comforters, and pillows. These items will be used for Pilgrims Hope, our shelter program. We strive to make the bedrooms as welcoming to families arriving at our facility as we can.



thank
you

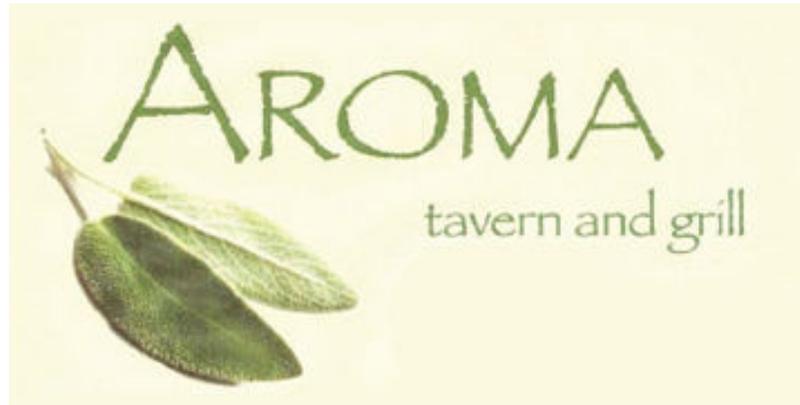
The response to our FB request for kitchen wares was phenomenal. So many folks came by to drop off items.



MEMORIAL DAY

As you spend your holiday with friends and family, remember that Memorial Day represents the sacrifices of thousands of those who stepped up for your freedom! Many continue to serve, many troops preparing for a new deployment, many families relocating or waiting here at home for the return of their loved one. As you attend your baseball games and cookouts, please keep in mind *these are men and women who volunteer for this life of service to our Country.*





Every month *Aroma Tavern and Grill* will donate 2% to Plymouth Area Coalition of all appetizer and dessert sales! You can help support our organization and enjoy a delicious treat at the same time! Please share and help us spread to word.



For a great lunch or dinner, stop by *Aroma Tavern & Grill*. We are certain you will love the cuisine and become a “regular” for your night out with friends and family.

**739 State Road
Plymouth, MA 02360
508/224-1514**

From Aroma: “A big thank you to all who have helped us raise money for the Plymouth Area Coalition by purchasing appetizers and desserts. For every appetizer and dessert sold Aroma will donate 2% of our sales. In January we donated \$159.40, and February we donated \$147.90!!!”

Remember Good Food, Good Friends, Great Times!!!



AT NO COST

Plymouth Area Coalition is now offering at **NO COST** R.A.D self defense classes.

Classes will be held Wednesdays 5:30 p.m. to 8:30 p.m. April 6, 2016 through May 11, 2016 at the Reed Community Building in Kingston.

Women high school age and up are eligible to register.
Under 18 requires parental consent.

To register please call 781/ 582-2010

RAD: Rape Aggression
DEFENSE

Can you defend yourself?

To learn more about the R.A.D. systems of self-defense please visit

<http://www.radsystems.com>

V O L N T E E R

all that's missing is U!

How can you help? There are countless ways to get involved: assist with fundraising activities, help out in our food pantry, run a childcare program in our shelter, package toys during the holidays, sort donations in our F.A.I.R. program, tutor a child...

Let's talk about your interests and together we'll figure out

how you can help your community.

Interested in Volunteering?

Giving Back: something we often tells ourselves we want to do, but just never get around to it. Do you have a weekly scheduled day you get together with “the girls” for shopping? Or do you play a pick up game of hoops with “the guys”? How about your group taking one of those days per month and volunteering together?




We're
Searching for
Volunteers



My name is Brenda Everson-Shaw.

I have been writing the quarterly newsletter for the Plymouth Area Coalition these past three years. Creating these newsletters is my way of volunteering my services.

As you may have noticed in each newsletter, there is a page dedicated to asking for volunteers, and other pages regarding fund raisers. You will also find pages listing needs for specific articles for *Pilgrims Hope Shelter*.

There are many aspects of volunteering and donating. Perhaps you have a specific skill, but you are not sure if it's something that can be useful to the Coalition. The easiest way is to simply ask. Make the call.

Fundraisers are a great way to show your support, such as an evening out, running a race, or grabbing dinner at a supportive restaurant. There is always the opportunity to donate to the annual *Children's Holiday Fund*. Donating your time is a great way to help if you are unable to help with financial support. Make the call. Just ask how you can be of assistance.

Often, we can talk ourselves out of helping by thinking we just don't have the time. Indeed, life these days is busy! However, every person, every group, every business can offer something. Again, simply make the call to ask.

I have had the privilege to see first-hand the long, dedicated hours the staff puts in at the Coalition. I have seen families who have arrived looking for a safe haven, and I have seen families make the successful transition to moving into their own apartment after residing at *Pilgrims Hope*.

Yes, there is always a need. It will never stop, as "helping those in need" is precisely why the Plymouth Area Coalition was organized.

I want to extend my gratitude to those of you who have regularly visited the Coalition website to view the Newsletter, to get caught up on what's been happening, and to see what the current needs may be at the *Plymouth Area Coalition, Pilgrims Hope Shelter* and the *Coalition Food Pantry*.

This is my personal note to the readership of this newsletter. I am confident that there are many more of you who would like to help but have been reticent to ask. You simply need to make the call.

Brenda Everson~Shaw

Thank You!