

# PATHWAYS

SPRING 2016 NEWSLETTER

The Hunger Issue

**1 in 4 children  
in Dallas  
County live  
with food  
insecurity.**



**WILKINSON  
CENTER**



PATHWAYS OUT OF POVERTY

**179,020 CHILDREN**  
living with food insecurity in Dallas County would  
overflow AT&T Stadium and the Cotton Bowl combined.

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## Hunger in Our Community



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### Wilkinson Center

P. O. Box 720248 | Dallas, Texas 75372  
(972) 284-0302 | [WilkinsonCenter.org](http://WilkinsonCenter.org)

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Visit [WilkinsonCenter.org](http://WilkinsonCenter.org)

# WELCOME TO OUR NEW **PATHWAYS** NEWSLETTER.

The fact you are investing time to learn more about Wilkinson Center shows you care about improving the quality of life for our neighbors in need. *Pathways* is your window into the lives of those neighbors and their journeys on the pathway out of poverty.

In this and every edition, we will share information about the fundamental issues they face and how our community can take a comprehensive approach to addressing them. In this first issue, we focus on hunger and food insecurity, a problem of basic needs that must be met before people can move out of poverty to self-sufficiency.

I hope as you meet our neighbors who struggle with poverty and see there ARE viable, real solutions for them, you will be inspired to get involved. We all have a part to play in making Dallas and its families strong and healthy. YOU make this important work possible, and for that I am deeply grateful.

**Anne Reeder**

*Wilkinson Center Executive Director*



# MEET *the* Crumblers



## *A family's journey towards hope and self-sufficiency*

Tiffany and Charles Crumbley know first-hand that a job does not necessarily mean making ends meet. When they reached out to Wilkinson Center for rental assistance, Charles was working full-time as a security guard while Tiffany cared for their three children. Even with the rent paid, they could not cover their other expenses.

**“I knew we had to show Tiffany and Charles how to approach their situation differently,”** said Case Manager Patsy Driggers. With her encouragement, the couple attended our “Budgeting On A Shoe String” class and began looking for transitional housing. “We paid for child care so Tiffany could get a job and they could get on their feet. But, even with the two jobs, they struggled and were eventually evicted from their home.”

After moving to East Texas to live with family, the Crumblers returned to Dallas and re-connected with Wilkinson Center for assistance, employment services and financial coaching. Now, both Tiffany and Charles are employed, and they have an affordable apartment. While the family still lives day to day, they have a plan and the tools to be independent and to thrive.

## GED Testing Center Opens Path to **Diplomas**

In February, Wilkinson Center opened a Pearson VUE® test center at our North Buckner location, giving students convenient access to a GED testing facility and eliminating the need to drive long distances. Generous support from The Real Estate Council funded renovations and updates to the computer lab, making it possible for students to complete their exams and obtain their GEDs in the same area where they take classes.

The center also offers a variety of IT and professional licensure exams to Wilkinson Center students and members of the surrounding community. This wider range of tests will enhance Wilkinson Center's employment programs and generate additional revenue from community members who can afford to pay for their own exams. Special thanks to Kappa Kappa Gamma who generously provided funding to cover the \$135 exam fee for 200 Wilkinson Center students, removing yet another barrier to their path to self-sufficiency.

**“The convenience of the new GED testing center will ensure more students take the test, receive their GED and move on to the next chapter of their educational journey.”**

*Rachael Berhe, Wilkinson Center Program Director*

# 29%

# of Adults

IN OUR

9 ZIP-CODE SERVICE AREA LACK A

# high school diploma

FAR LOWER THAN

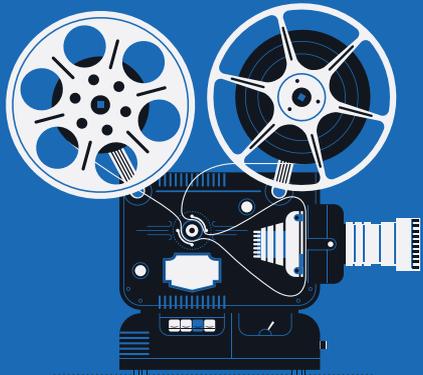
COUNTY OR STATE LEVELS

**Want to help GED students?**

Volunteer info on p. 17



# Volunteers of the Year: Sandra Pomeroy and Vickie Thompson



**You can be a volunteer star too!**

Turn the page to learn more about ways to get involved as a Friend of Wilkinson Center



**It's said actors are only as good as their supporting players. In the same way, a nonprofit is only as effective as the volunteers behind the scenes who enhance its efforts with tireless work and compassionate hearts.**

Wilkinson Center has benefited from the service of two dynamic women: Sandra Pomeroy and Vickie Thompson, our 2015 Volunteers of the Year. Both women share that what keeps them motivated and inspired is seeing first-hand how critical Wilkinson Center programs are in changing the lives of struggling East Dallas residents. Sandra said, "I became involved with the Center 12 years ago. Immediately, I saw the impact we were having on clients' lives and the transformational work being done." Sandra has volunteered with the Food Assistance and CareerWorks programs, helped organize GED graduation and reception events and serves as a member of the Board of Directors.

Vickie has been a Wilkinson Center volunteer for nearly 30 years. With a background in social work, Vickie has assisted with food and clothing drives (including the very first Carlin Morris Shoe Drive), organizing and playing the piano at Christmas pageants and much more. "I think I've been involved with just about every program at the Center," Vickie said, "I've led afterschool youth art programs, organized special events for GED and career training students, and even taught a computer class. It's been a blessing to me in so many ways."

## Friends of Wilkinson Center: Walk in Someone Else's Shoes

### What is Friends of Wilkinson Center and why should I join?

Webster defines a **friend** as: *A person who helps or supports someone or something (such as a cause or charity). A person who you like and enjoy being with.*

All these definitions are true of being a Friend of Wilkinson Center. We support and volunteer together at the Food Pantry and Carlin Morris Shoe Drive, sponsor GED graduations and dinners, do mock interviews with CareerWorks students, host a Staff Appreciation Luncheon, fundraise through Spirit of Taos, and so much more. But we can only do it with your membership.

Carlin Morris, namesake of the Carlin Morris Shoe Drive, exemplifies and helps define what it means to be a Friend. This year, as we celebrate her service and the Shoe Drive's 30th anniversary, join this dynamic group of men and women as we move forward with the theme "Walk in Someone Else's Shoes." Your membership makes our impact for Wilkinson Center possible!

All my best,



**Missy Huber**

President, Friends of Wilkinson Center



## Young Friends of Wilkinson Center

Targeted toward the young professionals of Dallas, our focus is raising funds and awareness for Wilkinson Center. We do this through various volunteer opportunities throughout the year and by throwing some of the best events in the city. We have the White Party coming up on June 4th that will be bigger and better than ever. Last year we had over 1,000 attendees and raised over \$100,000 to support Wilkinson Center. We could not have done this without our supportive members and generous sponsors.

If you are interested in helping us this year, we'd love to hear from you! Please reach out to [Vodi\\_Cook@wilkinsoncenter.org](mailto:Vodi_Cook@wilkinsoncenter.org) to get connected!

We look forward to seeing you in 2016,



**OJ DeSouza and  
Kristen Johnson**

Co-Presidents,  
Young Friends of Wilkinson Center



# Nutrition needs are different at every age, but everyone needs balanced nutrition to be healthy and productive.

Serving size: **25 g**

**Calories:** 225

		% Daily Value*
Total fat	1.5 g	13 %
Saturated fat	2 g	7 %
Cholesterol	3.2 g	23 %
Sodium	.5 g	2 %
Total carbohydrate	1 g	3 %
Dietary Fiber	0 g	0 %
Sugar	.5 g	8 %
Protein	2 g	5 %

Here's a look at how hunger affects individuals in our community.

{ **\$50** feeds a food-insecure family for a week.

## Effects of Hunger

### Children

- Anxiety
- Cognitive impairment
- More prone to infections
- Slow growth rate
- Dry flaky skin
- Stunted growth
- More fragile bones
- Poor impulse control
- More likely to require special education services
- More likely to repeat a grade level
- Twice as likely to be suspended from school



### Working Adults

- Inability to focus and concentrate
- Impaired memory
- Bleeding gums and tooth decay
- Weakened muscles and aching joints
- Decreased heart rate and oxygen levels



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### Seniors

- May have to choose between medical care and food
- Increased risk of chronic health problems
- Higher incidence of depression and anxiety



### People with Disabilities

- Higher risk for food insecurity than general population
- Trouble fighting infections
- More visits to emergency room



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# Fighting Hunger

The Foundation  
of Healthy,  
Productive Lives

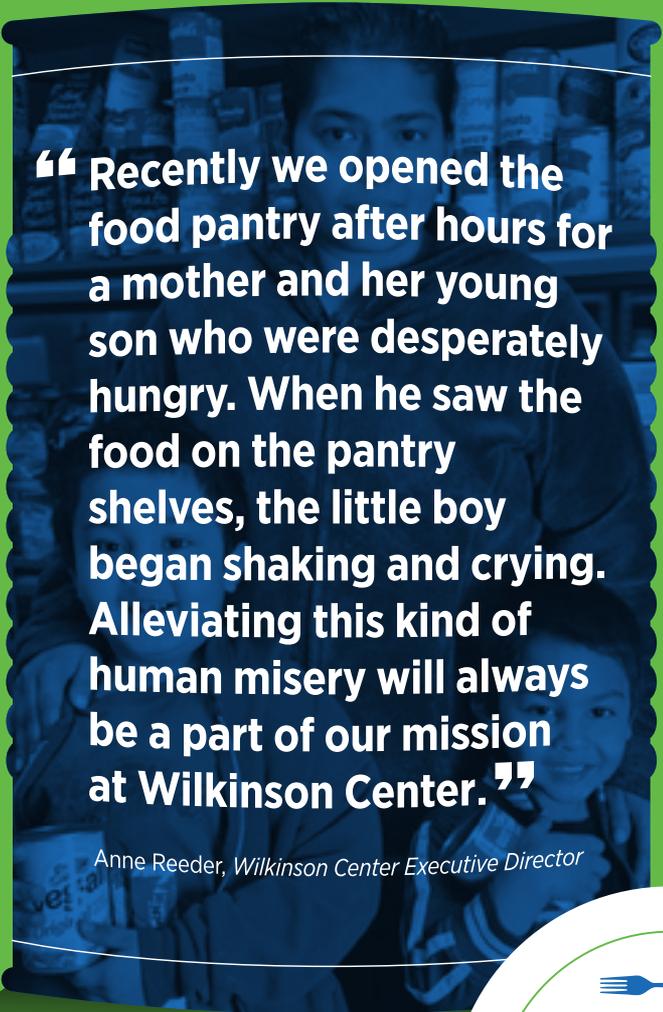


Every day, hungry families and children in our community, who look like we do and live closer than we might believe, struggle to access adequate food and nutrition to live healthy and productive lives. The implications of hunger and poor nutrition are far-reaching: children are unable to achieve academic success; working parents struggle to provide healthy food for their family and pay the rent; and seniors are often forced to choose between medical care and filling their pantry.

That's why your support of Wilkinson Center is vital for the economic stability and health of the community. Our Food Assistance Program provides a week's supply of food once a month for qualified individuals and families, which translates into more than 40,000 pounds of emergency food to hungry neighbors every month. Our client choice model allows individuals to choose food according to their needs and preferences; pantry shelves and coolers are arranged like a grocery store and offer a variety of selections, including fresh fruits and vegetables.



*With your help, Wilkinson Center provides 40,000 pounds of emergency food to hungry neighbors every month. Plus, we're expanding Food Pantry hours during the week to provide more access for the working poor families we serve.*



“ Recently we opened the food pantry after hours for a mother and her young son who were desperately hungry. When he saw the food on the pantry shelves, the little boy began shaking and crying. Alleviating this kind of human misery will always be a part of our mission at Wilkinson Center. ”

Anne Reeder, Wilkinson Center Executive Director



### DINE-AROUND DALLAS

Benefiting Wilkinson Center  
this summer.  
Watch [WilkinsonCenter.org](http://WilkinsonCenter.org)  
for details!

# Volunteer Opportunities

## Be The Difference

### Pantry Assistant

Help clients shop for food in the pantry.

*Location:* Wilkinson Center Food Pantry

3402 N. Buckner Blvd., Suite 302, 75228

*Hours:* Monday, Tuesday, Thursday 9 AM – Noon

Wednesday Noon – 7 PM

### Early Childhood Assistant

Assist Early Childhood Educator in an educational setting with children 2-4 years in a classroom environment.

*Location:* Wilkinson Center Family Education Center

3302 N. Buckner Blvd., Suite 111, 75228

*Hours:* Monday – Thursday 11:30 AM – 1 PM

### GED and ESL Assessment Volunteers

Provide oral and written assessments to our English as Second Language students.

*Location:* Various Adult Education sites by appointment

*Hours:* Weekdays and evenings

### To learn more, contact:

Volunteer Coordinator Adrienne O'Connor

(972) 284-0301

[Adrienne\\_OConnor@wilkinsoncenter.org](mailto:Adrienne_OConnor@wilkinsoncenter.org)

A look at the people, programs and events that make Wilkinson Center's mission possible.



SPIRIT OF TAOS

WHITE PARTY

GED GRADUATION

CAN DO

BUS TOUR

SILENT DISCO

TOY DRIVE

FOOD PANTRY

SHOE DRIVE

# Upcoming Events

## May

**5** **WHITE PARTY KICK-OFF: 6 PM - 11 PM at Happiest Hour**  
2616 Olive St.



**10** *Can Do!* **LUNCHEON**  
**11 AM - 1 PM at Dallas Country Club**  
Celebrating entrepreneurship  
in philanthropy

## June



**4** **WHITE PARTY**  
**9 PM - 2 AM at sixty five hundred**  
Hosted by Young Friends  
of Wilkinson Center

## July



**30** **30TH ANNUAL CARLIN MORRIS  
SHOE DRIVE SIGN-UP**  
Times TBD at Wilkinson Center  
Food Pantry

**31** **30TH ANNUAL CARLIN MORRIS  
SHOE DRIVE DISTRIBUTION**  
Times TBD at Payless Shoe Store,  
Buckner Blvd.

Visit [WilkinsonCenter.org](http://WilkinsonCenter.org) for details.

## August

**1** **30TH ANNUAL CARLIN MORRIS SHOE DRIVE DISTRIBUTION**  
Times TBD at Payless Shoe Store, Buckner Blvd.

**TBD** **BACKPACK DISTRIBUTION**

## October



**28** **SPIRIT OF TAOS**  
**7 PM - Midnight at The Lot**  
Hosted by the Friends of Wilkinson  
Center Food, music and dancing with  
Southwest flair

## November

**21-22** **TURKEY DISTRIBUTION**

**TBD** **SILENT DISCO: 9 PM - 2 AM. Location TBA.**

## December



**10** **TOY DISTRIBUTION PARTY**

# YOU Make It Possible

The work of Wilkinson Center couldn't be accomplished without the invaluable kindness and generosity of our friends in the community. Our heartfelt appreciation and gratitude goes out to the following supporters:

Constantin Foundation	Northridge Presbyterian Church
Dallas Executive Club	Park Place Dealerships
Eastminster Presbyterian Church	PriceWaterhouseCoopers
First United Methodist Church of Rockwall	The Real Estate Council
Friends of Wilkinson Center	RE/MAX Associates of Dallas
Michael Graska, Identity Media Resources	Ridgewood Park
Greater Bethlehem Baptist Church	United Methodist Church
Jackie Griffith	Sammons Corporation
Herbalife	Senior Source
Highland Park United Methodist Church	Ed Valentine, Valentine Direct Marketing
Junior League of Dallas	Veritex Bank
Kappa Kappa Gamma	Vinson and Elkins Law Firm
Katherine Carmody Trust	Jermaine Watson
Lakewood Service League	Wells Fargo
Melanie Myers	Wilshire Baptist Church
Ginger Murchison Foundation	Young Friends of Wilkinson Center
	M.B. & Edna Zale Foundation



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