

# Lower Cape Outreach Council

**Real People. Real Problems.  
Real Solutions.**

## FOOD PANTRY LOCATIONS

### HARWICH PANTRY

St. Peter's Lutheran Church

### CHATHAM PANTRY

St. Christophers Episcopal Church

### BREWSTER PANTRY

Brewster Baptist Church

### ORLEANS PANTRY

Orleans Methodist Church

### EASTHAM PANTRY

Eastham United Methodist Church

### WELLFLEET PANTRY

Grace Chapel

### PROVINCETOWN PANTRY

Provincetown Methodist Church

### TRURO PANTRY

Truro Council on Aging

### MAIN FOOD PANTRY



19 Brewster Cross Road  
Orleans, MA 02653

508-240-0694  
[www.lcoutreach.org](http://www.lcoutreach.org)

# 2022 ANNUAL REPORT

Dear Friend,

As we reflect on 2022, the overriding theme was the explosion of financial needs within our community. In particular, there was a 95% increase in household visits to our food pantries as the impact of inflation rippled through households like a tsunami. We see these needs at least maintaining and likely increasing in 2023 as Cape Cod has become one of the more expensive places to live in the country. Thanks to your generosity, we were able to meet those needs and others head on. Here are some key points as we look back on 2022 and forward into this year.

2022 was a big year for LCOC as the organization underwent a significant transition in leadership. Much of the year was used to reorganize, identify priorities, and evaluate our operations. LCOC also added a new position to our staff, Andy O'Dell, LCSW, Manager of Client Services, who among other things, administers the financial assistance program and, as a licensed social worker, provides additional support for clients with more complex needs.

As we enter 2023, the new staff is firmly in place, and we are poised to focus on the needs of our community and how LCOC can meet those needs most effectively. At the beginning of the year we completed a Needs Assessment which identified several key areas of focus which led the discussion for our strategic planning session in early May. Among other things, LCOC recognized the largest growth of our programs was in our food pantries. Over the course of 2022, we saw a 60% increase in the number of families visiting our pantries and a 95% increase in overall visits. Combating the increased food insecurity on the Lower and Outer Cape is clearly a primary focus for 2023. To meet the increased demand this year, LCOC started several new programs and collaborations with other area service providers.

Early in 2022, LCOC partnered with the Truro Central School to provide culturally appropriate food to the Jamaican families participating in their backpack program. In September, when LCOC was unable to get sufficient food supplies from the Greater Boston Food Bank, we were awarded a \$120,000 Community Development Block Grant to provide our pantry clients with more healthy food options, including fresh produce and protein. This was extremely well received by our clients and led to the creation of strong community partners, like Friends Market Place, and reinforcement of existing partnerships, like Fancy's Produce, who both assist in purchasing the fresh food for this program. Finally, we also partnered with Helping Our Women (HOW) to deliver prepacked bags of fresh produce and protein which are then delivered directly to their clients by volunteers.

Programs and collaborations such as these are vital to increasing access to our services and enables LCOC to better serve our community. With the Board's strong leadership, the staff's commitment to our community, a roster of dedicated volunteers, and of course people like you who have ensured we have the resources we need to fulfill our mission, LCOC will continue to grow.

We look forward to building our programs, collaborations, and impact in our community in the coming year. Thank you for your continued support.

**Jim Botsford**  
Board President

**Katie Wibby**  
Chief Executive Officer

Volunteers contributed  
**12,224**  
hours

Truro Central School  
offsite distribution to  
LCOC clients.

bags distributed:  
Spring 2022

**63**

Fall 2022

**88**

for a total of

**151**

Helping Our Women (How)  
in Provincetown  
received their first monthly  
offsite distribution of

**33**

bags of protein and  
produce to LCOC clients.

This program has  
continued into 2023.

Thanksgiving Distribution:  
assisted

**547**

households with their  
holiday meal including  
turkeys, fresh produce,  
fixings and food gift cards.

Healthy Living Program  
monthly distribution  
to the pantries of protein  
and produce worth

**\$30,450**

This program has  
continued into 2023.

## FOOD PROGRAMS



- Main Food Pantry opened to clients as a Choice Pantry in April
- Nine LCOC pantries distributed 25,677 bags with a total value of \$1,412,235
- Households increased 60%, from 308 in January to 492 in December
- Client visits increased 95% from January to December



## PANTRY VISITS

	Visits	GBFB Pounds by Pantry	Bags
Brewster	541	19,651	1522
Chatham	837	16,436	3179
Eastham	634	24,233	1877
Harwich	515	33,275	2579
LCOC Main	840	18,928	1464
Orleans	1089	27,701	2993
Provincetown	874	23,429	2230
Truro	906	24,353	1889
Wellfleet	1986	86,025	7944
<b>Total</b>	<b>8222</b>	<b>274,031*</b>	<b>25677</b>

*\*Approximately 80% of the food in our pantries is sourced from the Greater Boston Food Bank (GBFB).*









## DESCRIPTION OF SERVICES

The Lower Cape Outreach Council's financial assistance program is designed to respond rapidly to the emergency needs of clients from the Lower and Outer Cape. The program quickly and efficiently meets client needs by processing payments for qualified applicants within a matter of days thereby alleviating the stress and anxiety of financial insecurity. LCOC assists with a wide range of concerns including rent, utility payments, medical expenses, transportation costs, tuition, and other essential financial obligations. The program is staffed by a group of volunteer advocates and led by the Manager of Client Services. While the program is designed to meet immediate and emergent needs, we also strive to ensure that clients are on the path to self-sufficiency by making connections and appropriate referrals to additional resources.

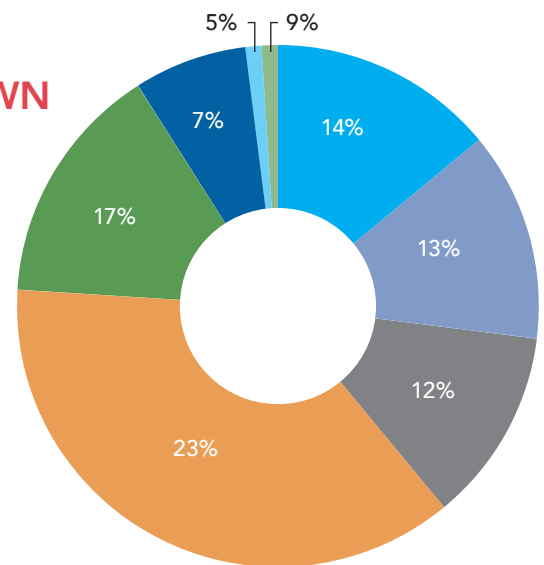
## PARTNERSHIPS

Often, our clients have financial assistance needs that are greater than what LCOC is able to provide. In such cases, we work closely with our partners to cover these additional needs. Among the agencies that we work closely with are the Homeless Prevention Council, the Housing Assistance Corporation, the Societies of Saint Vincent DePaul, the Fleet Fund, the Dexter Keezer Fund, Helping Our Women, Outer Cape Health Services Community Navigators, along with several other local nonprofit organizations. This renewed emphasis on working closely with other agencies to cover client expenses has improved our working relationships with other organizations and expanded our list of collaborative partners. In the long-term, this effort will enhance our service delivery and the overall client experience by streamlining the referral process and opening new sources of funding for those in need of assistance.



	TOWN	FINANCIAL ASSISTANCE	KATY'S KORNER	TOTAL
	Brewster	\$104,558	\$7,892	\$112,450
	Chatham	\$99,659	\$10,075	\$109,734
	Eastham	\$87,049	\$12,495	\$99,544
	Harwich	\$180,292	\$13,013	\$193,305
	Orleans	\$113,737	\$26,829	\$140,566
	Provincetown	\$55,633	\$1,825	\$57,458
	Truro	\$39,657	\$3,313	\$42,970
	Wellfleet	\$72,120	\$2,215	\$74,333
	<b>TOTAL</b>	<b>\$752,705</b>	<b>\$77,655</b>	<b>\$830,360</b>

## 2022 FINANCIAL ASSISTANCE BY TOWN



## FINANCIAL ASSISTANCE AND KATY'S KORNER

- Total FA Vouchers: 1417
- Assisted 2,188 Individuals

## 2022 PROGRAM HIGHLIGHTS

- \$360,198 in rental assistance
- \$116,599 in transportation-related assistance
- \$91,619 in heating/fuel assistance



## AN INTERVIEW WITH KATY'S KORNER CO-MANAGERS CANDI FRANKLIN AND CAROL WILEY



When first entering Katy's Korner in the back lower level of the LCOC building on Brewster Cross Road, you notice a compact, organized number of rooms with volunteers and clients busy at their individual tasks: volunteers answering questions, recording information and taking in clothing from donors; clients perusing clothing racks for specific needs for family members or getting food supplies from the Main Food Pantry.

Candi Franklin and Carol Wiley are the co-managers of this "Korner" of LCOC. Both Candi and Carol spoke about the rewards and the challenges they and their 20+ volunteers face Monday through Friday, from 9:30 am to noon.

A bit of background on our co-managers. Candi grew up in Orleans and moved off-Cape for school, work and marriage. She and her family lived in Rhode Island where Candi, with a Masters in Social Work, did the "24/7 and many weekends" job until it was time to retire. Her husband agreed that retiring to Orleans was a good idea, and back to her childhood town they came. She was familiar with LCOC from her earlier years in Orleans and initially volunteered to man the phones. As time went on, she also filled in at Katy's Korner.

Carol resided in Portland, Connecticut and for many years was a paraprofessional in an elementary school. She also helped with an after-school program. Carol shares her current Eastham home with her daughter and family. Wanting to stay busy, Carol joined the choir and bell choir of a local church, but she wanted

to volunteer, and joined Katy's Korner – that was 9 years ago!

When Jacqui Price decided to retire as manager after 25 years, Candi and Diane Smith took on the management. Five years ago, at the age of 75, Diane also retired. She and Candi took Carol to lunch, and another partnership was formed.

When asked about changes in the area, they note that there are more year-rounders, more wealth and more retirees. Because it's less affordable for many, they've noticed an uptick in the needs of those less fortunate – especially food needs for families. Since Covid, as the Food Pantry is open with more consistent hours, their hope is that some clients, hesitant to return, will come back. Food insecurity is not going away any time soon.

Katy's Korner never turns anyone away no matter the financial status of the individual(s). They refer new clients to the office for an intake interview, which includes information on their family household. The clients are given a card which is good for a year – where clients are able to "shop" weekly for clothing and food for their households. The volunteers are generous and flexible and the appreciation is heartfelt from the clients.

A few stories shared by Carol and Candi include a time over Christmas that a gentleman came into Katy's Korner with five \$50 bills and asked that they distribute them to individuals for whom they knew this would make a difference. The clients were overwhelmed with thanks.

Another individual came into the shop absolutely soaked from the rain. The volunteers were able to offer her clothing from head to toe, for which she was extremely grateful.

After suffering the loss of his wife, a gentleman brought some of her clothing into Katy's Korner, not aware that his daughters wanted to make a quilt from some of her belongings. The staff helped retrieve a number of the items for the grieving family. Since that time, the gentleman continued to bring in items – mostly to see the volunteers and converse with them – a quiet way to "give back."

Candi and Carol also volunteer with many other organizations including Nauset Neighbors, Cape Cod Symphony, the Children's Library in Eastham and Council on Aging. It is obvious that Candi and Carol and their volunteers love what they do and have special relationships with the individuals who utilize the services of Katy's Korner and the Food Pantry. They know the programs at LCOC make a difference. Their work is very gratifying. They know their clients and know they are appreciated. If you can give a few hours to the Food Pantry or Katy's Korner, consider giving us a call. You can also make a difference in someone's life.

# WHY I CONTINUE TO GIVE: AN INTERVIEW WITH KENNETH MAYO JOHNSON



When we think of an advocate, a number of definitions comes to mind: enthusiastic supporter; promoter; and believer, to name a few. Kenneth Mayo Johnson fits into this category for many reasons. Since moving from Colorado to Cape Cod, Ken has wasted little time getting involved in a number of causes that he believes in, including the Orleans Conservation Commission, the Board of Directors of the Atlantic White Shark Conservancy in Chatham, as well as rekindling a longtime relationship with Lower Cape Outreach Council. Ken has been a Director Emeritus of LCOC for many years.

You might be familiar with Ken through his award-winning photography (currently on exhibit at The Beacon Room in Orleans) but his roots in the community go back centuries. Growing up in Beverly, Ken spent many summers on the Cape, eventually purchasing a home in 2002. After living in Denver for over 20 years, Ken and his wife

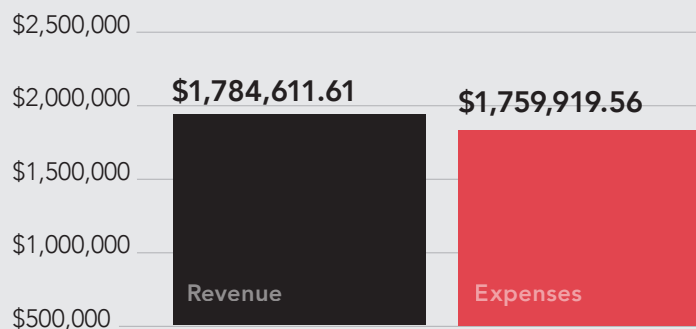
Hilary (a "real Cape Codder") moved full-time to Orleans in August of 2022.

When asked if Orleans has changed since his younger years, Ken mentioned the increase in population and it seems busier, but the feel for the area hasn't changed: "It's in my soul." What has changed is that Ken has a deeper understanding of the work that LCOC does, and of the greater needs of the communities that our organization serves. For many years, Ken supported these needs through our Gifts of Hope program and when specific requests were made directly to him – with many of these donations made anonymously. As he said, "This is not about me or my ego." But it is about giving back to grassroots organizations.

Although living many miles away, Ken kept a distant eye on the work of LCOC through our website and mailings, and knew he "wanted back in" by actively supporting the work of CEO Katie Wibby and the Board. He specifically mentioned the astonishing need for housing on the Cape, hoping that donors like him, with the ability to give at a higher donor level, will do so. His objective is to get the Board and Emeritus Directors more involved in reaching out to these donors, and he is impressed that the current leadership is receptive to listening to him.

As a huge and long-time fan of LCOC, Ken also gave a shout-out to the volunteers and case workers – his enthusiasm is contagious. An advocate? Undeniably so. LCOC offers heartfelt thanks to Ken, and says sincerely, "Welcome back!"

## 2022 REVENUE & EXPENSES



### OFFICERS

#### President

Jim Botsford, CFP  
Orleans

#### Vice President

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Orleans

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Jim Kivlehan  
Eastham

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Orleans

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Susan Carlson  
Orleans

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Brewster

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Karen Ross

#### Manager of Client Services

Andy O'Dell, LCSW

#### Donor & Social Media Manager

Rachel White

#### Facilities Manager

Howard Thomas

#### Bookkeeper

Rose Bokavich

### DIRECTORS

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Provincetown

#### Joe Gorski

Wellfleet

#### John Kanaga, Esq.

Orleans

#### Susan Walsh

Eastham

#### Todd H. Squire

Orleans

#### Scott Kerry

Eastham

### HONORARY DIRECTORS

Senator Julian Cyr

Dan Wolf

Ken Mayo Johnson

Rep. Sarah Peake

Rev. Dr. Douglas Scalise

# 2022 DONORS

## \$50,000+

California Community Foundation  
Cape Cod Times Needy Fund  
Christopher Kanaga  
The Warburg Pincus Foundation

## \$25,000-\$49,999

EFSP – Emergency Food and Shelter Program  
J. P. Morgan Charitable Giving Fund  
Mary-Louise Eddy and Ruth N. Eddy Foundation  
Rose Marie and Philip McLoughlin  
Sailors' Snug Harbor of Boston  
Town of Brewster  
Town of Orleans

## \$10,000-\$24,999

Anonymous (2)  
Bank of America Charitable Foundation, Inc.  
Patricia and Scott Barron  
Benjamin & Seema Pulier Charitable Foundation Inc  
Brewster Baptist Church  
Cape Cod 5 Foundation  
Chatham Turkey Trot, Inc.  
Margaret and Andrew Covell  
Edward Bangs Kelley and Eliza Kelley Foundation  
Estate of Frances McKnight Davis  
Estate of Susan A. Edwards  
Federated Church of Orleans (Virginia Cook Trust Fund)  
Patty Fettig (John C and Eunice B Morrison Foundation)  
Marie and Joseph Forjan  
Green Family Charitable Foundation  
C. Steven and Mary Gulrich  
John C. and Eunice B. Morrison Charitable Foundation  
St. Christopher's Church  
The Burton A. and Maxine C. Rice Foundation Trust  
The Williamson Family Charitable Gift Fund  
Town of Chatham  
Town of Eastham  
Town of Wellfleet

## \$5,000-\$9,999

Anonymous (8)  
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AIM Thrift Shop, Inc.  
James W. Arnold and Sally S. Digges  
Marilyn M. Bruneau  
Bucks Creek Foundation  
Ellen C. Burbank and Stephen B. Burbank  
Lee and Jane Chirgwin  
Sheila Clancy  
Virginia Clarendon  
Compass Cares  
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John J. Foley and Susan S. Foley  
Amy Gussack and Kermit Moyer  
Michael Karchmer  
Andrea and John Kornbluh  
Abigail and Vincent Maddi  
Jennifer and Michael Maria  
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Nauset Newcomers Inc.  
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Karen M. Pierson and Anthony J. Pierson  
PSD Fund for working Families of the Cape Cod Foundation  
Peggy Reilly  
John P. Smith and Susan R. Meisinger  
Donna and Sidney Snow – Beneficiary from William C. Snow  
The Bilezikian Family Foundation  
The Church of the Holy Spirit  
The Cooperative Bank of Cape Cod Charitable Foundation Trust  
Town of Harwich

Town of Provincetown  
Lawrence and Anne Spaulding  
Susan Tremblay  
William and Judith Weil

## \$1,000-\$4,999

Anonymous (47)  
ADORN  
Susan and Mark Adorney  
Dolores Alberti  
Susan Anthony  
William and Teresa Babetski  
Marian L. Beck von Peccoz  
Biller Family Giving Fund  
Leslie and James Botsford  
Samuel Bradford  
Michael Bradley  
Margaret Brett  
Bertram and Susan Bruce  
Elizabeth E. Brusco  
Brzezicki Family Foundation  
Al Bukys  
Maureen and Richard Callahan  
Cape and Islands Trans Resource Fund  
Cape and Islands United Way  
Cape Cod Healthcare, Inc.  
Cape Cod Trailer Storage, Inc.  
Virginia Carrington  
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Maggie and Richard Charron  
Chatham Clothing Bar  
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Michael F. Crowley  
D. Rigney and Robert Cunningham  
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F Neil Doherty  
Tara and William Dougherty  
Nancy Douttiel  
Heather Draz  
Eastham Fire Department  
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June Farnham  
First Parish Brewster Unitarian Universalist  
First United Methodist Church of Chatham  
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Ann Fleck-Henderson  
Kathleen and Martin Fogle  
Lynne Forester  
Friends of Harwich COA  
Judith and Alfred Gaechter  
Jay and Barbara Gainsboro  
Virginia George  
Lisa Gerrish  
Glen and Lisa Giovannetti  
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Richard and Mary Grant  
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Elizabeth and G. Howard Hayes  
Stephanie A. Helm  
Marianne and Robert Hirschman  
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Eugene and Mary Hornsby  
Timothy Howell  
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Kathleen and Bruce Langsen  
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Robert Lingeman and Jane H. Howe

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 Frederick and Victoria Luft  
 Edward and Sue Lynch  
 Edward F. Lynch Jr  
 Kathleen and Peter Markell  
 Elizabeth B. Martiner  
 John and Hannelore Meyer  
 Charlane and James Mowery  
 Mary Murphy  
 Sandra and Nelson Murphy  
 Virginia and David Murray  
 Nauset Garden Club  
 Neskey Family Fund  
 Laurie and Lawrence Neumann  
 Adele Niederman  
 Ocean Edge Resort & Golf Club  
 Orleans-Eastham Lodge #2572  
 Robert Payne  
 David Peterson  
 Amos and Tami Pike  
 Bob Platten  
 Alexander and Paula Powers  
 James and Janice Price  
 Provincetown United Methodist Church  
 Lawrence and Cheryl Purtell  
 Quidditch Foundation, Inc.  
 Patricia Regan  
 Alison Rilling  
 Samuel and Bernice Rocray  
 Janet Romanishin  
 Robert Rothberg and Phyllis Rothberg  
 Pat and Ken Rowell  
 Kathryn and Michael Sarcione  
 Michael and Pat Schumaecker  
 Christopher and Gail Scudellari  
 Secure Storage Inc  
 Mary Ann Siclari  
 Anne Sigsbee and Cecil Newcomb  
 Peter E. Smith and Jane Soukup  
 R. Bram and Barbara Smith  
 South Chatham Community Church  
 Stephen Spengler  
 Deborah Leigh Spring  
 St. Joan of Arc Church  
 St. Mary of the Harbor  
 St. Vincent de Paul Orleans  
 Ellen Sucatre  
 Michael and Merle Tarnow  
 The James D and Veronica E. Chesterton Family Foundation  
 The Whole Clam LLC, "The Knack"  
 Jeffrey and Kate Thibault  
 Page and Rodie Thompson  
 Thrift Shop of the Harwich United Methodist Church  
 Robert and Beth Tobias  
 Town of Truro  
 Patricia and James Tyng  
 Thomas and Jennifer Woodward  
 Worcester Economic Club Inc

### **\$500-\$999**

Anonymous (48)  
 Robert Abel  
 Janet G. Arnold  
 Ellen L. Bach  
 Donald Bachman and Karen Back  
 Barnstable County Mutual Insurance Company  
 Benson Young & Downs Insurance Agency (BY&D)  
 Daniel C. Bernstein  
 Karen S. Boujoukos and Arthur J. Boujoukos  
 Brewster Medical Associates, PC  
 Bristol-Myers Squibb Foundation  
 Maureen and Kevin Brosnan  
 Judith W. Bruce  
 Tom Bruno  
 Tina and Tom Bruno  
 Church World Service, Inc

Reatha Ciotti and Richard Ciotti  
 Fred and Terri Clark  
 Janet Coletti and Victor Coletti  
 Brenda M. Conlan  
 Elaine F. Conners  
 Cortez Family Charitable Fund  
 James and Joan Craig  
 Bill and Laurie Crosley  
 Ian S. Crowe  
 Ellen Curley  
 Daughters Fund  
 Jeffrey Davis  
 John DePasquale  
 Dexter Keezer Community Fund  
 East-SouthEast, LLC  
 David and Cynthia Egli  
 Esther and Richard Elkin  
 Ericson & Lamotte  
 Eversource Matching Grants Program  
 Nancy P. Fairchild  
 First Citizens Charitable Foundation  
 First Congregational Parish of Truro  
 Catherine Ford-Daly  
 Steve Freeman  
 Paul J. Ganci  
 Bridget Gassner  
 Mark J. Gehrie and Lallene J. Rector  
 Andy and Sandra Ginnis  
 Give with Liberty Employee Donations  
 Joseph F. Gorski  
 Jack Hadley  
 Edmund W. Hafner  
 Bud J. Hale  
 Sylvia Hammer  
 Robert and Linda Hassett  
 HG Charitable Foundation  
 Christine M. Hight  
 John Hornor and Ronald E. Skinn  
 J.W. Dubis & Sons, Inc.  
 Jeanann and Tony Johnson  
 Johnson & Johnson Matching Gifts Program  
 Dr. Leonard Jokubaitis  
 Lorraine Kelley-Alessi  
 Alice and David Kelly  
 Susan and Francis Kelly  
 Sandra and Neil Kessner  
 Todd and Holly Lebart  
 Janet and Robert Leger  
 Susan Lichty and Terry Lichty  
 Joan Lockhart  
 Roald and Cynthia Lokken  
 Vicki J. Longo  
 Brigid A. Makes  
 Mr. George W. Malloy  
 Cheryl A. Martin  
 Mass Appeal  
 Melora North  
 Kerin P. O'Toole  
 Tara Oliver  
 Wanda Olson and Robert Silverstein  
 Orleans Citizens Forum Inc  
 Mark Pazniokas and Laura Post  
 Jerome Perkins  
 Janine and Richard Perry  
 Sara A. Phillips  
 Jeanne Powers  
 Corliss Primavera  
 Kathleen and Paul Querfeld  
 Reese Family Fund  
 David Ritchie and Susan J. Walsh  
 Jeanmarie and William Rogers  
 John and Janet Roman  
 Theresa Ruane  
 Judith J. Ryon and Walter North  
 Susan Schultz Tapscott and Christopher Tapscott



Joanna Schurmann  
Karen Shedlack  
Bonnie L. Shepard  
Robert and Ann Smaglia  
Susan Smith  
Randy T. Smith and Anne Smith  
Susan Spector  
St. Peter's Lutheran Church  
Andrew Steidinger  
Stephen R Casey/Carlotta Casey Coyne Fund Trust  
Jane and Colin Stevenson  
Stop and Shop, Our Family Foundation  
Stephen Sullivan  
Heather and Brian Summers  
Paul J. Tausek and Ann Tausek  
The Cooperative Bank of Cape Cod  
The Donkey Gospel Fund  
Stephen and Grace Weitzer  
David Wilcock  
Dan Wolf and Heidi Schuetz  
Marie and Matthew Wolff  
Carletta Woods  
Patricia and Robert Yaps

### **\$250-\$499**

Anonymous (82)  
Julia Adams  
Thomas and Gillian Anderson  
Deanne Anson  
Carolyn Auty  
Stephen and Bettye Barcan  
Stephen Barkhuff  
Sarah Bartholomew and Randy Gallagher  
Beachfront Realty of Provincetown  
Rachel L. Bernstein  
Paula and Stanley Brady  
Doug and Barb Brady  
Jamie and Montie Brewer  
F G. Brigham and Susan M. Brigham  
Susan M. Brigham  
Sally W. Buffington  
Stephen Burgay and Marianna Koval  
C&M Systems  
James Campen and Phyllis Ewen  
Cape Cod 5 Employee Match Program  
Captains Golf Club Womens Association  
Amy and Mark Carow  
Kathryn Casey  
Community Web Development  
Lisa M. Conrad  
Laurel and Douglas Costa  
Joyce Cressman  
Ellen Crocker  
Marilee Crocker  
John Davidow  
Timothy Davis and Sarah Davis  
Frank A. Deganahl  
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Angela Donahue  
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Mark D. Farber  
Nancy Fields  
First Congregational Church  
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Constance and Evangelos Geraniotis  
Gibson Sotheby's International Realty  
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Michael Golden  
Sandra Gollenberg  
Linda and David Grunebaum  
Richard Haak  
Anne and Clyde Hanyen

Richard Hartmann  
Kelley and Thomas Hippler  
Jan Hoynacki  
Deborah Jacobson  
Jim's Repair Service  
Wayne and Eileen Johnston  
Bertram M. Kantor  
Harry and Maryfran Kelly  
Brian Kimla  
Nancy Kissel  
Kiwanis Club of the Lower Cape  
Jan Koss  
J. Richard Kraycir and Melissa J. Kraycir  
Dinah Lane  
Scott Lane  
Joanne L. Laverdiere  
Therese M. Lawless  
Anne F. LeMaitre and William D. LeMaitre  
James and Paula Lieb  
Rachel Manfredi  
Sally Mazur  
Veronica McCormack  
Elizabeth McDonald  
James McKenna  
James McKinney  
Thomas Merzbacher  
Terry W. Milligan  
Eileen Morgan  
Nauset Marine  
Kate Nelson  
George W. Nemeth and Joyce St. Pierre  
Network for Good  
Brett Nichols  
Northside United Methodist Church  
Deborah Owen  
Mary Jo Parris  
Pine Acres Realty  
Donna and Joseph Potts  
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Kenneth and Chris Ratcliffe  
Barbara Ravage  
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Rosemary and Victor Von Schlegell Fund of the Cape Cod Foundation  
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William Schildwachter  
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Florence Seldin  
Deborah Selkow  
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Elizabeth and Thomas Sorbo  
Paul and Maureen Stellato  
Kathy Stetson  
Philip Stevens  
Paul V. Sullivan  
Paul K. Takesian  
Sally Taylor  
John and Patricia Thornton  
Martha Tripp  
Unitarian Universalist Meeting House Church  
Gerald D. Weston  
MaryJane and Richard Whitehead  
Faye and Thomas Wingard

### **\$100-\$249**

Anonymous (249)  
3PS Design  
Susan J. Aalpoel  
Deborah Abbott  
Ferdinand Abel



Martha and Leland Adams  
David M. Agger and Sharon L. Rule-Agger  
Carol Alper  
Marjorie Alt  
Marianne Ambrose and Denis E. Ambrose  
Anthony Amundson  
Anchorage on the Cove  
Amy Anson  
James Ardell  
Arey's Pond Boat Yard  
Glenn A. Armbruster  
M J. Arnold  
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help support our  
mission, there are  
several easy ways  
to donate:

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Mail a check to  
PO Box 665  
Orleans, MA 02653

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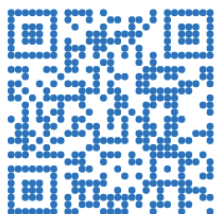
Visit us online at  
[lcoutreach.org](http://lcoutreach.org)

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Call Rachel, our  
Donor Manager, at  
508-240-0694

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Scan the Venmo  
QR code below



## WE THANK OUR VOLUNTEERS!

Thank you to all our dedicated volunteers!  
In 2022, our volunteers dedicated over  
12,000 hours of their time in support of our  
mission which is the equivalent of over 6 full  
time employees! The total value of their time  
is estimated at \$381,922 . These amazing  
individuals staff our front office, food  
pantries, Katy's Korner, our financial  
assistance program and of course our  
holiday events. We would not be able to  
provide our services to so many Lower and  
Outer Cape residents without their help and  
we are forever grateful!

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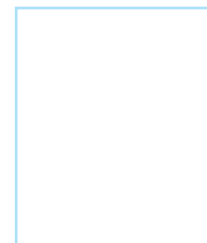
## IN MEMORY OF JIM ATHENS

LCOC would like to recognize the loss of  
Jim Athens. Jim and his wife, Helen, were  
long time supporters of LCOC. As a couple,  
they supported many non-profits throughout  
Cape Cod, including LCOC. After Helen's  
passing, Jim provided a significant legacy  
gift to LCOC to ensure the success of  
LCOC going forward. Jim recognized that  
financial support is important, but also that  
volunteerism is equally important. Donors  
such as Helen and Jim, who not only  
dedicated their financial resources, but  
also their time enable LCOC to make our  
mission a reality. Their legacy will live on in  
the LCOC community.

**Lower Cape  
Outreach  
Council**

Real People. Real Problems.  
Real Solutions.

19 Brewster Cross Road  
Orleans, MA 02653



# MAILING PANEL



## 18TH ANNUAL CHATHAM 5K TURKEY TROT

This year the Chatham 5K Turkey Trot returned after two virtual years, to an in-person race on Thanksgiving morning and it was a huge success. The race drew 2,271 registrations and grossed over \$100,000!

Although this was the 18th annual Turkey Trot, it was the first year the race was managed by LCOC. The success of this year's race is due in large part to the original founders of the race, Linda Redding, Mary Parsons, and the rest of the Chatham Turkey Trot Board. Their hard work and dedication built this event into what it is today, and we cannot thank them enough. We would also like to thank all of the race sponsors, raffle donations, Chatham Police Department and the community as a whole for all of their support this year!