



## Fall 2025

### DID YOU KNOW?

The federal government recently passed legislation that deeply cut the Supplemental Nutrition Assistance Program (SNAP) and Medicaid.

The cuts will hurt the most vulnerable in our communities—our neighbors facing hunger, choosing between groceries and other essentials. Many of these individuals are integral to our workforce and local economy.

One in every three households from Harwich to Provincetown was food insecure at some point last year. That's more than 8,000 homes according to Greater Boston Food Bank.



Last year, LCOC worked with over 2,300 homes, providing food pantry visits, free clothing, and emergency financial assistance. Soon, the reality of recent funding cuts will impact us even further.

According to experts, a **55% increase** in the demand for food is possible in the months and years ahead.

Lower Cape Outreach Council has already seen a **25% increase** in visits at our pantries this year.

Pantry locations and hours are at: [lcoutreach.org/food-pantries](https://lcoutreach.org/food-pantries)

**Our services rely 100% on your philanthropy and grants.**

## Turkey Trot Registration Is Heating Up!

The 21st LCOC Chatham Turkey Trot sign-up is officially open! LCOC is honored to continue this successful event on the most thankful day of the year! Registrations are off to a roaring start with nearly 600 registrants!



Join us for a scenic 5K walk/run in beautiful Chatham, MA on Thanksgiving morning, November 27. Your participation, donations, and/or sponsorships provide support to your neighbors, which help them to live, work, and thrive in the community!



Last year, we registered more than 2,600 participants!



### Fundraise

Create a fundraising team: Share your story and why this cause is important to you.

### Sponsor

Become a Sponsor: Learn about our five sponsorship levels to help underwrite the race.

### Register

Register to run/walk by October 24th for a free, race T-Shirt.



## Volunteer Profile

### Susan Carlson: an Angel Who Helps Others Fly

We recently sat down with Susan Carlson of East Orleans to learn about her passion for LCOC's mission.



#### What was your past life career?

I worked as a teacher of children with special needs (learning disabilities and emotional challenges), then as a director of student support services in several towns, and as an elementary principal in Sudbury. Finally, I served as a consultant with SchoolWorks out of Beverly, MA traveling around the country assisting schools in need of improvement, largely in lower income communities.

#### When did you start volunteering with LCOC?

When I first retired to the Cape full-time, I was trained and began working as a mediator in the Barnstable District Court working with landlords and tenants helping to resolve their disputes. When the Housing Court moved into Barnstable, there wasn't the same need for volunteer mediators, so I looked to see what else I might be interested in. About five years ago, I began working at the LCOC Orleans food pantry and also volunteering with the Homeless Prevention Council. While I still help out some with the HPC Adopt-a-Family program, I was really drawn to the mission of LCOC and began expanding my volunteer work there. In addition to the food pantry work, I became a client advocate, then I was asked to join the Board (I also chair the Board's Volunteer Committee) and then I started helping out at the Front Desk one afternoon a week. I also love working at the Santa Stop in December. I've loved taking on so many of the volunteer roles at LCOC. It's helped me learn more about what we do to help folks.

#### What drew you to volunteer with LCOC?

I wanted to do volunteer work that would directly assist people in need. The mission of LCOC is exactly that—and I loved the fact that the organization does not make clients jump through hoops, filling out long applications and waiting months to hear back—to get the help they need. I love the fact that LCOC tries to cover a range of needs, from clothing to food to financial assistance.

#### What is the most meaningful or memorable story you can relate to us about your time as a volunteer at LCOC?

It's really hard to think of just one story, but I can share that so many of the people I work with on the phone, in my advocate role, break down in tears when they learn that we can help them, whether it's paying an overdue rent or repairing a car that's needed for work or paying the vet bill for a beloved pet. People are also so grateful for other agencies/funds we refer them to for aid beyond that which we can provide. So many clients have "blessed" me over the phone—relieved that an organization listened and responded. I've received many more blessings than I deserve!

#### Anything else you would like to add?

I think that one of the main reasons I've continued working at LCOC is the caliber of staff who are now working here. Everyone works so hard and treats the volunteers with such respect. We are very grateful that the best volunteers on Cape Cod have chosen to support the mission of LCOC with their time and talent!

## Summer of Hope Surpasses Fundraising Goal Thanks to Donor Support



Thanks to generous donor participation, we exceeded our original fundraising goal for the Summer of Hope campaign by more than \$40,000! We want to thank all our donors for their continued support during these turbulent times.

These generous gifts help us immensely in meeting the increased demand for services, including stocking our nine food pantries and fulfilling financial assistance requests to meet the basic human needs of residents across the Lower and Outer Cape.

As we enter fall, LCOC is preparing for all of our seasonal client programs to make the holiday season that much brighter. We will continue our annual Thanksgiving Turkey Distribution, Santa Stop, and Operation Warm, our program providing new winter coats for children and adults. Participation in these programs grows every year and is made possible by the continued support from our generous donors, volunteers and community partners.

**Give Today to Support Holiday Programs!**

## Thanksgiving: Turkey and Gift Card Drive!



### 9th Annual Turkey Collection

The Farm Supports the Local Community: [Click to Learn More](#)



The Farm in Orleans hosts its annual Turkey Drive

Saturday, November 15 11am-2pm

40 Rock Harbor Road, Orleans  
Collecting turkeys & whole chickens.

Each year, LCOC distributes Thanksgiving meals to families throughout the Lower and Outer Cape. Last year, we were able to support 752 families with their Thanksgiving meals, including turkeys, chickens, fresh produce, and fixings—a nearly 20% over 2023. We expect the demand to increase yet again this year as food costs continue to rise on the Cape.

If you are able, please consider donating a frozen turkey, chicken, or grocery gift card in the amounts of \$20-\$25.

Feel free to drop by our Orleans office at 19 Brewster Cross Road Monday through Thursday, 9:30a – 3:30p, and Friday, 9:30a-12:30p, or via mail at LCOC, PO Box 2013, Orleans, MA 02653.

### Do you know a Cape Codder struggling financially who also may be food insecure? LCOC is here to help residents in the 8 Lower Cape towns.

Learn more at:

<https://lcoutreach.org/client-services/>

or CALL 508-240-0694



## 2025 Event Sponsors



### Mission Statement

The mission of Lower Cape Outreach Council is to provide comprehensive assistance to those in need of immediate support and to encourage long-term self-sufficiency. [lcoutreach.org](https://lcoutreach.org)

