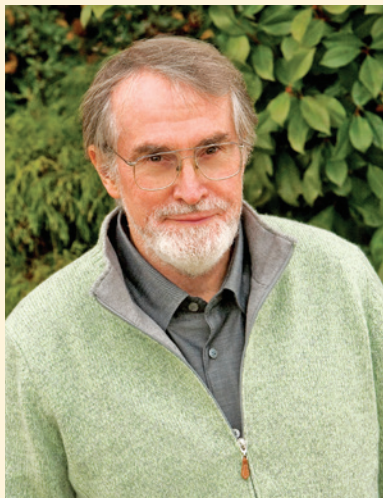




Volunteer Spotlight

PHOTO BY CLAY BLACKMORE



Dr. E. Fuller Torrey

By Emily Torruellas

When Bread for the City was founded in 1974, we had one staff doctor and a budget of only \$30,000. BFC is now a much larger organization with three physicians on staff, but we still cannot do our work without our volunteers.

Dr. E. Fuller Torrey, a psychiatrist, provided pro-bono therapy and medications for our patients for over a decade, starting in the early '90s.

Dr. Torrey was drawn to Bread for the City because of our holistic healthcare model, which he believes offers the best chance of improving the health of those in need. "If people have severe physical problems and mental problems, they need to have both addressed together," he notes.

Despite the effectiveness of this model, however, getting patients stabilized was a huge challenge. Dr. Torrey still remembers his shock at the sheer

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Bread for the City's Five-Year Plan:

New SE Center, expanding housing, food, health and legal services, addressing racial inequity—we're going to do it all!

By Board President, Paul R. Taskier

In mid-June, the boards of Bread for the City had an all-day meeting with staff and clients to chart our way forward over the next five years. Our planning is still in progress, but much was covered, and the essentials of our course have been laid out.

The plan supports our mission to alleviate the burdens of poverty and help address the conditions that cause poverty, with an unchanged motto: Dignity, Respect, Service, and Justice. **We just plan to do more, and to do more even better than we do now.**

Our new strategic plan builds on our strengths. Virtually since we opened our Southeast Center on Good Hope Road 13 years ago, we have been at and/or over capacity. The need in that part of the city swamps our ability to serve it, so we are planning to at least **double the size of that center**. It's an expensive and long-term project, and it will be the subject of a fundraising campaign to pay for its substantial cost, but we would not be true to our mission if we did not step up to meet the very real needs.

Our plan also includes expanding our medical, dental, and vision services, continuing to improve our delivery of high quality food, streamlining and expanding our legal services, and reaching more people



Stacey Smith, PEP Program Manager; George A. Jones, CEO; and Lynda Brown, SE Center Director

with pre-employment training.

Our social workers have had notable success finding housing for our clients, serving as key points of contact to help them obtain public housing assistance. **But because housing is one of the key factors in helping to alleviate the conditions that cause poverty, and because the District is facing a crisis in affordable housing as it gentrifies, we are planning to ramp up our advocacy with DC and federal officials to ensure that DC regains the 22,000 units of affordable housing it has lost over the last decade.**

And all of these efforts will be rooted in racial equity. Bread recognizes that poverty in our city is

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It's Workplace Giving Season!



CFC #61733



United Way #8219



DC One Fund #8219

Stay Connected to Bread for the City!

We live tweet all of our major events, and we love tweeting with our supporters!

 [@BreadfortheCity](https://twitter.com/BreadfortheCity)

We're always sharing photos and stories from the front lines on our Facebook page!

 [Facebook.com/BreadfortheCity](https://www.facebook.com/BreadfortheCity)

We're also blogging every week about issues affecting our community.

Subscribe to our blog on our website at

www.BreadfortheCity.org

or by emailing

communications@breadfortheCity.org

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in no small part due to systemic racial inequity. We reaffirmed at our weekend retreat that Bread will continue its focus on racial equity, on training for our staff and board members, and on efforts to affect systemic inequity based on race.

We have an obligation to affect the conditions that contribute to poverty, and although the hurdles are dauntingly high, that does not mean that we can ignore them. Until recently, Bread's major focus has been in addressing the effects of poverty: lack of access to food, clothing, medical care, legal representation, and social worker assistance. And we are not backing away from that focus; indeed, we will continue to expand our services and extend our programs. **But we need to do more.**

We are not in a position to build housing, or to be an employment

agency. We are, however, in a position to advocate for increased access to affordable housing, and to help position our clients for employment. All of these things can make a difference and we are committed to doing our part to help be an agent of change. None of this could happen without our supporters, without the dedicated staff at Bread, without client leaders, and without the devotion of a truly special set of board members, who sacrifice time, money, and energy to keep us going.

There are no quick fixes or easy solutions to the problems we address, but with focus, effort and support we can, and will, make a difference. 🙌

Want to talk more about BFC's new five-year plan? You can email Board President Paul Taskier at ptaskier@breadfortheCity.org.

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number of people with untreated mental illness who came through our doors.

Despite (or perhaps because) of how challenging it was to improve the mental health of those who were so ill, Dr. Torrey's successes have stuck with him. "[I'm proudest of] actually getting people stabilized who hadn't been in several years, and seeing them lead much more quality, full lives. It's very gratifying." One of those patients was so thankful for his help that she gave him a gift. "She brought me a small cactus, about 8 to 10 inches high. Two plus decades later and it's now over 2 feet high! It was a small, kind gesture that I've never forgotten."

Dr. Torrey continues to give back to us, even through his retirement, by

including Bread for the City in his estate planning. "I worked and volunteered with BFC and know it is a good place that will use the money well."

Thanks to our community and the support of donors and volunteers like Dr. Torrey, we can continue to offer a safe harbor for DC residents struggling with mental or physical health conditions. 🙌

Is Bread for the City in your estate plans, or are you interested in leaving a lasting legacy by adding us as a beneficiary? Let us know. Contact Emily Torruellas at etorruellas@breadfortheCity.org or (202) 480-8908 to find out how you can easily sustain our work for years to come!



Save the Date

Bread for the City's 2016 Good Hope Gala Dinner and Live Auction

Saturday, April 30th, 2016

Omni Shoreham Hotel

Tickets: \$250

Available at

www.breadfortheCity.org/Good-Hope-Gala
SPONSORSHIP OPPORTUNITIES AVAILABLE!

Contact Amanda Nover at (202) 386-7611 or anover@breadfortheCity.org



Join us for Holiday Helpings!

At Bread for the City, we firmly believe that our neighbors who are living below the federal poverty line shouldn't have to forgo holiday celebrations. That's why we come together through our Holiday Helpings program to provide free holiday meals—a turkey and all the trimmings—for our clients to enjoy at home with family and friends. And thanks to your support, we provided more than 9,300 holiday meals last year! We can't wait to do it again this holiday season.

Please join us by sponsoring a family or two, or host your own fundraising drive. Get the lowdown at www.breadfortheCity.org/holidayhelpings 🍷



Meet Mr. Shaw

Mr. Shaw first volunteered with Bread for the City in 1981.

In more recent years, he needed help to resolve some legal issues related to his housing. He'd been trying to resolve these problems on his own for several years and was extremely reluctant to seek assistance. When he did get up the courage to ask

for help, it initially looked like there was not much that we could do. But does that deter a BFC attorney? Of course not.

Senior staff attorney, Taylor Healy, has since worked with Mr. Shaw for many years and, over time, has helped him retain his housing subsidy, represented him in Landlord and Tenant court, and helped him secure



Mr. Shaw

a new apartment. In addition, the BFC medical clinic helped him enroll in the Qualified Medicare Beneficiary Program, which increased his monthly Social Security benefits.

Despite his initial reluctance, Mr. Shaw now sees Bread for the City as a place where he can get "help without judgment," and

when he faces a challenge, he shares it so that we can intervene earlier if needed.

"Taylor and the village of Bread for the City took all my situations and my distrust, and handled me and my problems with love, understanding and respect. You guys are the ultimate professionals. With all sincerity, thank you." 🍷

Taylor's work is funded in part by the DC Bar Foundation.

Make an in-kind gift by donating food, clothing, or an item from our Amazon Wish List [See our Wish List at Amzn.to/BFCWish](http://Amzn.to/BFCWish)

Here are some of our most needed items:

- ✓ Diapers
- ✓ Children's books, especially in Spanish
- ✓ Cleaning supplies/laundry detergent
- ✓ Gift cards for grocery stores and pharmacies
- ✓ Plus-sized clothing for men and women
- ✓ SmarTrip cards
- ✓ Toilet paper and other household items
- ✓ Thumb drives

amazon.com

The best way to support our work is through a monetary contribution to Bread for the City.

Become a monthly donor today and help us sustain our programs year-round at **Donate.BreadfortheCity.org/GiveMonthly**

Just want to make a one-time gift? Give today at **Donate.BreadfortheCity.org**



Looking for other ways to get involved? Volunteer with us by contacting **volunteer@breadfortheCity.org**.



Wondering what we've been up to? A lot!

- A job-training class of 20 students graduated.
- Friends, supporters and partners celebrated with us at our annual gala.
- We welcomed new speakers and participants to our Women's Wellness Day.

Stay up to date on our events by subscribing to our blog at www.breadforthecity.org/blog.

