



The Beating Heart of CAPTAIN CHS: Our Volunteers.

On behalf of our staff, Board, and clients, we'd like to thank our over 200 volunteers that help to *lift people up and build brighter futures* each and every day!

From transporting seniors to important appointments to helping a youth with their algebra homework, volunteers are the beating heart of CAPTAIN Community Human Services.

Because of you, families in our community have found affordable permanent homes and emergency food and hygiene supplies when they need them. Because of you, kids have access to free summer meals and holiday gifts. Because of you, seniors can age gracefully in their homes. Because of you, our world is a bit brighter today.

Thanks to all of our volunteers for your tireless dedication and your generous gift of your time, talents, and treasures this spring and all year long. We cannot express our gratitude enough for all that you do.

If you're interested in volunteering, please contact Ava at 518-399-4624 or email ava@captaincares.org, and visit our website at captaincares.org/volunteer for more information or to apply!



Lifting people up. Building brighter futures.

From the desk of Executive Director **Andy Gilpin**



Andy Gilpin
Executive Director

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As winter melts to spring, and summer comes onto the horizon, it's often a time to think of opportunity and the possibility for positive change ahead.

Over the last year, our agency has come together and worked hard to develop a set of guiding principles that define our core values. Putting pen to paper, we not only set these to language, but thought of real, practical ways to implement and strengthen them throughout our agency's operations.

These Belief Statements will help steer the way in which we work together and within the community. They act as a lens for every decision and guiding principles for our efforts to create change:

- We believe in dignity and compassion.
- We believe in equity and inclusion.
- We believe in self-determination and working together to empower people.
- We believe in caring for ourselves as we care for others.
- We believe in abundance and strengths within our community to meet the existing needs.
- We believe it is our responsibility to be a leader in creating change in our community.

With every quarterly Newsletter, we'll be highlighting one of these values and sharing how we've implemented them.

Speaking of the future, please check out the information enclosed on our upcoming An Unbridled Affair Gala, set to take place this July 21st. If you can attend, we'd love to see you there, but if not, you can still participate in support of our programs by bidding in our third annual online auction!

Stay on the lookout for more information in your email inbox about all of these exciting changes and events. If you don't receive our monthly eNewsletter, please visit captaincares.org/newsletter to sign up!

As always, thank you from the bottom of my heart for all that you do for kids, families, and seniors in our community,

Andy Gilpin, Executive Director



Pictured above (L-R): Our Street Outreach team sets up at our brand new drop-in center at the Bulldog Zone in South Glens Falls; Sean Culnan graciously donates proceeds from the King of the Deadlift competition to support the Zachary Culnan Memorial scholarship; Board member Kishani Choudhury is honored with a Volunteerism award from the YWCA NorthEastern NY; Volunteers at the Food Pantry work hard to fill emergency food and hygiene orders for local families in need.

Mission Moment... *made possible by you!*

These past few years have been hard for many of us, especially those living paycheck-to-paycheck at jobs without paid sick leave.

Robert called our office last year looking for help. A father of five, he was working hard to support his family, averaging over 60 hours per week. With two of his five children significantly disabled, Robert's loving wife, Tracy, was a stay-at-home mom, caring for and supporting their children - ages 12, 10, 8, 6, and 7 months.

In November of 2021, COVID swept through their household, including their newborn son at the time. Robert remained at home, battling weeks of tough symptoms himself, to help care for his ill children and wife. For nearly a month, he was out of work. Without paid sick time, the family relied on what they had in savings to get by. Unfortunately, it wasn't enough.

By the time Robert reached our office, his family was just over \$3,000 in rental arrears. He was exhausted and on the verge of losing hope that he could prevent his family of seven from becoming homeless. Our STEHP Program Manager asked Robert and Tracy to come in for an intake to see what programs might be available to help.

At the intake, both parents were highly engaged and interested in everything that we had to offer - including programs to help build on their strengths and address their challenges in a forward-thinking, sustainable way.

During the first case management session, because of you and the Federal CARES Act funding, we were able to help. With the family, we worked in partnership to apply for Emergency HEAP assistance - avoiding a shutoff of the family's utilities. Throughout the next few weeks, we worked together on their application for housing assistance through the CARES Act funding and were successful in helping them get ahead by covering just over \$3,000 in arrears.

Robert and Tracy remain engaged with our programs, working to build a brighter future for themselves and their family.

Because of you, they were able to share their story, find a compassionate advocate, and receive the help they needed to avoid homelessness and gain stability.

This is a story that we repeat day in and day out because of the support you provide and the generous funding of the Federal CARES Act. However, that funding is scheduled to end this September, despite an unprecedented and growing homelessness crisis in Saratoga and surrounding Counties.

Your support allows us to not only help families like Robert's avoid crisis, but to receive the support they need to move toward self-sufficiency.

As an agency, we're acutely aware of the challenges ahead. As a community, we hope we can count on you to help us meet the need head-on.

If you'd like to support our homelessness prevention and intervention programs, please contact Ava at 518-399-4624 or ava@captaincares.org, or give generously on our website at captaincares.org/donate.

Together, we can ensure success stories like Robert's and Tracy's continue. Together, we can *lift people up and build brighter futures*.



We believe in **Dignity** and **Compassion**

When individuals come through our doors or cross our paths, they quickly realize that CAPTAIN CHS is different.

Different in our approach, our communication, our way of interacting, and our way of providing programs and services. The difference is our belief in **dignity** for everyone and their experiences, and our **compassion** for providing services that **best meet their needs**.

We go out of our way to make the kids, families, and seniors in our care feel the difference and experience that dignity and compassion. We are living the Belief Statement in our work, practices, and approach, and that is all because of our dedicated staff and volunteers.

Dignity is a basic human right, which shows value for a person for who they are, and compassion is a wilful practice of understanding the suffering of another can be alleviated through the committed actions of one or many. We open our hearts and doors to those who have very few options in a time of great need when others can't, won't, or don't know how to help.

It is the act of opening the door and saying we are here to help, that demonstrates the difference CAPTAIN CHS makes and we do it through dignity and with compassion.

NYSNA Food Drive

Friday, June 10, 2022 | 11:00am - 2:00pm

NYSNA, 21 Executive Park Dr, Clifton Park, NY 12065

Join NYSNA in supporting Karyl's Kupboard, CAPTAIN CHS's Emergency Food & Hygiene Pantry, and all of the programs and services working to support our neighbors in need!

On Friday, June 10th, 2022, NYSNA will be hosting a food drive at their headquarters (21 Executive Park Dr, Clifton Park, NY) where food items can be dropped off between 11:00 AM and 2:00 PM.

Hot dogs with Jennifer's famous Michigan sauce will be served for lunch and fun activities will be available on site! Cash and checks will also be accepted on-site or donate online at captaincares.org/nysnafooddrive



NEW YORK
SCHOOL
NUTRITION
ASSOCIATION

Enjoy the Drive?



Multiple volunteer driving opportunities available on a weekly and as-needed basis.

Apply online today at captaincares.org/volunteer



Cheryl's Lodge "Thyme to Thrive" Mini Camp with Cindy Schmehl & To Love a Child, Inc. focused on healthy cooking and eating, and fun physical activities to build a healthy future!

Save-the-Date: Upcoming Events

Route 50 Mile Race

June 9, 2022

Join our eNewsletter list to keep up with the latest news and events at CAPTAIN CHS by visiting captaincares.org/newsletter



THURSDAY, JULY 21, 2022 | 6:00PM - 10:00PM
PRIME AT SARATOGA NATIONAL GOLF CLUB
450 UNION AVENUE, SARATOGA SPRINGS, NY
VIEW MORE DETAILS AT UNBRIDLEDAFFAIR.ORG

Sponsorship Opportunities available! Contact Ava at 518-399-4624 or email ava@captaincares.org.

**Online
Auction**
UNBRIDLEDAFFAIR.ORG

PREVIEW JULY 1, 2022 | AUCTION RUNS JULY 7 - JULY 21, 2022

High Quality & Unique Items & Experiences

Gift Baskets
Golf Outings
Shopping
Vintage Furs

Jewelry
Getaways
Sweet Treats
Dining Experiences

Bags & Purses
Paintings & Art
Luxurious Spa Services
Outdoor Adventures

Antiques
Family Excursions
Handmade Goods
Coveted Memberships

The Second Annual Swing Into Action!

Thank you to all who participated in our 2nd Annual Swing Into Action: Play Winter Golf for CAPTAIN CHS!

Congratulations to all of our award winners: Low Gross and Best Dressed Foursome: Sunmark Credit Union - Amber Cooleen, Cathy Goska, Jay Singh, and Audrey Stone; Low Net: The Sunway Team at Morgan Stanley - Mary Irish, Graham Irish, Richard Irish, and Robert Dwyer; Longest Drive: Kevin Riley, George Normandin, Bill Caprood, and Joel Beecher; Closest to The Pin: Lawrence Corbett, Susan Dwyer, Bill Long, and Anne Long.

And a big THANK YOU to our Sponsors: The Sunway Team at Morgan Stanley; C.T. Male Associates and Machnick Builders, Ltd; and our Supporters Price Chopper Supermarkets and Northway Golf Center!



Make a Difference: Host a Fundraiser

Get Your Business Involved

Host a fundraiser or raffle at your opening
Host a Percentage Back Day
Donate to a Dress Casual Work Day
Ask customers to round up their change
Offer employees matching donations

Get Your Family Involved

Donate in lieu of birthday or anniversary gifts
Organize a fun event like a bowlathon
Plan a day of service together

Get Your Social Club Involved

Organize a Food Pantry Drive
Host a fundraising dinner or brunch
Collect donations at your meetings

To learn more about hosting a fundraiser
and the support CAPTAIN CHS can
provide, please contact Jocelyn at
518-399-4624 or jocelyn@captaincares.org.



Pictured above (L-R): Atlanta Braves pitcher Ian Anderson signed autographs to support our local Saratoga County Food Pantries; Stewart's Shops presented CAPTAIN CHS with a generous donation for Bike Works and the Youth Shelter; Lana Mendelsohn donated water, snacks, and gift cards after seeing our programs' needs on our Wish List; Clifton Park's newest restaurant, Popeye's Louisiana Kitchen, graciously supported CAPTAIN CHS as part of their grand opening.

CAPTAIN Community Human Services
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