

## Have –A–Heart Dinner an Overwhelming Success

On Friday, February 26th, Community Action Southold Town held its annual “Have-a-Heart” dinner.



The “Have-A-Heart” dinner is a major source of funding for CAST’s diverse portfolio of services.

The event was held at Peconic Landing, which donated all the food to ensure all donations were used by CAST to support its programs.

Linda Ruland, CAST director, told North Fork Patch she is “impressed beyond belief” by the generosity of the community, who always steps up to help, whether it be with donations, blankets, clothes, or dishes.



“Whatever it is, you do it, and we so appreciate it. It takes all of us to make CAST work,” she said.

CAST would like to thank the members of the NJROTC, who helped serve dinner, and Lea Kendall for providing music all night long. Several Southold Town elected officials attended, including Supervisor Scott Russell, who addressed the crowd.

Photos courtesy of Lisa Finn, North Fork Patch

## Computer Training Continues To Grow



CAST’s successful computer training program continues to grow. Now offered at the Peconic Lane Community Center, instructors Vincent and Terese Pette, of Peconic Electronics, continue to offer three levels of computer training to scores of local residents. CAST provides computer lessons for students in each of their six-week training courses. Students progress from a beginner’s level to an intermediate and finally to an advanced level of learning. Call CAST’s office for more information. The next round of classes begin in May. Sign up early as classes do fill up.

**Care about your community?  
Interesting in getting involved?**

The Board of Directors is looking for new members. Send your resume to:  
[LRuland@castsoutholdtown.org](mailto:LRuland@castsoutholdtown.org) if interested!

<b>Office Manager/Bilingual Services</b> Elizabeth Petersen	<b>PCHP Coordinator</b> Sarah Benjamin	<b>Pantry Manager</b> Colleen Cummings
<b>Executive Director</b> Linda Ruland	<b>Secretary</b> Helen Finnigan	<b>Treasurer</b> Jeanne Kelley
<b>Vice President</b> Christine DiBona	<b>Director</b> Ellen Neff	<b>Director</b> Dave Hewitt
<b>Director</b> Tom LaMothe	<b>Director</b> Marc Sokol	<b>Director</b> Lisa Boyd
<b>President</b> Denis Noncarrow	<b>Secretary</b> Christine DiBona	<b>Vice President</b> Christine DiBona
<b>Treasurer</b> Jeanne Kelley	<b>Secretary</b> Helen Finnigan	<b>Director</b> Linda Ruland



## About Community Action, Southold Town:

Community Action Southold Town (CAST) is a Not-For-Profit 501(c)3 organization incorporated in 1965 to help low-income residents meet their basic needs. We address the areas of nutrition, clothing, employment, energy, housing and education. Advocacy, referral and assistance are offered to help families in need to get services from other sources such as social services, the Home Energy Assistance Program (HEAP), Social Security, etc. CAST also help families move towards self-sufficiency through various educational programs at different times. “It is the mission of Community Action of Southold Town to promote self-sufficiency and provide a safety net for Southold Town residents in need.” Our continued goal is to improve child and family well being through direct services and referrals.

## CAST Truly is

### “Neighbors Helping Neighbors”

You often hear about our programs, but seldom do you hear about those that are helped.  
**Meet Stephanie, Diane, Bob, and Judy:**

#### Feed-A-Kid helps our students

Stephanie attends a local public school in Southold Town where she receives a free breakfast and lunch every day. However, when school is out of session, it is difficult for her single mom to provide these meals, so they come to CAST during school vacations and receive breakfast and lunch food items as part of CAST's Feed-a Kid program.

#### Parent-Child Home Program supports families

Diana's parents recently moved with her to Greenport from Guatemala and speak little English. Committed to providing a better life and a good education for their daughter, Diana and her parents enrolled in CAST's Parent-Child Home Program. She receives brand-new books for her parents to read to her and toys to play with. Through this early-literacy, home visitation-parent support program, Diana will be better prepared for success in school.

#### Retirees' benefits from CAST resources

Bob and Judy have worked their whole adult lives waiting for the day they could retire! Unfortunately, when they reached retirement age, they discovered that their small pension and social security benefits didn't begin to cover their living expenses. With a heavy heart, they reluctantly came to CAST looking for any help to make ends meet. Along with providing them with food from CAST's food pantry, CAST was able to help them fill out paperwork to receive HEAP and Project Warmth benefits, as well as Medicaid and food stamps.

### East Marion Community Association Hosts Coat Drive For CAST

In February, dedicated members of the East Marion Community Association held a potluck luncheon and collected gently used coats to support CAST. The members of the Board of Directors wish to thank the membership for their devotion to helping the North Fork's less fortunate.



Photo by Lisa Finn, North Fork Patch

### Welcome Elizabeth! CAST's New Office Manager and Bilingual Programs Manager

Elizabeth Petersen grew up on the North Fork with a love of volunteering and helping others. She graduated from Mattituck High School in 2009 and from SUNY New Paltz in 2013. After college, Elizabeth served for two years with AmeriCorps, through City Year New York. During her first year, she tutored and mentored children in an elementary school. In her second year, she served as a service event planner for physical days of service. As the Office Manager/Bilingual Programs, Elizabeth is excited to work in a position allowing her to make a difference and give back to her home town and community.



 Find us on Facebook! [Cast Southold Town](#)



## PARENT-CHILD HOME PROGRAM A CAST SIGNATURE PROGRAM

The North Fork Parent-Child Home Program, now in its third year, is one of CAST's signature program offerings.

More than forty families, from Laurel to Orient Point, will receive their home visitor weekly and will get 24 new books and toys this year to use to read and play with their children. This year CAST has seven home visitors and one coordinator providing the program.

The NFPCHP is part of a national program, which recently was recognized by the White House as a Bright Spot for Advancing Hispanic Educational Excellence. CAST is proud to be serving families in need with this proven program that insures their children will start school ready to succeed.

CAST is currently **seeking donations for a \$10,000 matching grant** from the Rauch Foundation to further expand this vital program.

“This is one of our most successful programs, but also one that requires the most resources,” said CAST President Denis Noncarrow. “This matching grant will go a long way to ensure the Parent-Child Home Program is properly funded and can continue to grow.”

For more information, or to donate, please call (631) 477-1717

### GED Classes Now Forming

Beginning in early April, CAST will begin GED classes to assist local residents in obtaining their diplomas. Sign up now! CAST is currently enrolling students and ordering materials. For more information or to sign up, please call (631) 477-1717.

### CAST offers ESL

Every Monday night CAST offers English as a Second Language classes at the CAST office on Front Street in Greenport. Classes begin at 6:30pm and run 1.5 hours.

Cada lunes por la noche CAST ofrece clases de Inglés como segundo idioma en la oficina de CAST en Front Street en Greenport. Las clases comienzan a 6:30PM y ejecutar 1.5 horas.

### The Sharing Room in need of items.

Our Sharing Room is in need of a few items: dishes, glasses, silverware, baking items, linens, sheets and towels. If you have any of these items and can share them with our clients, we would appreciate it.

### Neighbors Helping CAST!

Yes, I want to help CAST help our neighbors right here in Southold Town.

\$25     \$50     \$100     \$\_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Three ways you can give:

1. Mail your gift to: PO Box 159  
Greenport, NY 11944
2. Donate online at  
[castsoutholdtown.org](http://castsoutholdtown.org)
3. Drop off your gift to our office  
located at 311 Front Street,  
Greenport, NY 11944

### Special Thanks To...

The Southold High School Interact Club and the Southold Cub Scout Bear Den, led by Marshall Keels, for hosting food drives for our food pantry. The Cub Scouts also raised \$162.00, which went towards supporting the food pantry. Thank you!

### Did you know... Big Brothers Big Sisters Clothing Bins at the Landfill Benefit CAST

Clothing bins placed at the Southold Town Landfill by Big Brothers Big Sisters partially benefit CAST. Every Monday Big Sisters Big Brothers empties the bins and a portion of the proceeds from the clothes collected is donated back to CAST. Have old clothing you wish to donate? Using these bins is a great way to support two wonderful local programs!