



Refurbished Office = Quiet Space to Talk with Guests

Grant from Glover-Crask Foundation & Volunteer Labor Transform Office Space

Anyone who saw ADCC's Director Michele Cooley's old "office," can vouch for how much it needed a facelift. Outside of the aesthetics—peeling paint, musty carpet, and broken equipment—the configuration of the space made it impossible for Michele to talk privately with guests. Something had to give. Thanks to a grant from the Glover-Crask Foundation and volunteer sweat equity, Michele's office has been transformed into a welcoming space that will accommodate her growing one-on-one work with guests.



MISSION STATEMENT

We are a welcoming outreach ministry of the Asbury First United Methodist Church that nourishes the bodies, minds, and souls of our sisters and brothers in the Rochester community. Through our ministries of meals, hospitality and supportive assistance, we reflect God's love and work to transform our lives and the lives of our guests.

CONTACT INFORMATION

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When you contribute to the United Way of Greater Rochester, please consider designating AD&CC. Thank you!



Breakfast for 100 and Painting for 12: 2012 in Review

Just a few years back, the ADCC weekday breakfast crowd averaged about 70 guests. This past year it averaged 100+. In total, volunteers served over 28,000 meals in 2012, which translates to over 550 each week and a 14 percent increase over the number of meals served in 2012.

■ Cooking as Highly Refined Team Work

Long-time volunteer cook Barbara Eltinge provides some perspective on the Dining Center's continued growth. "How we operate has changed vastly in my 13 years at the ADCC. . . When the number of guests grew to about 70, we had to become much more systematic and thoughtful about how our team worked. We now have systems and methods for everything and have identified menu options that are affordable, achievable and broadly appealing, including scrambled eggs, French toast, pancakes, and, on occasion, frozen waffles, and bacon or sausage."

Barbara chuckles as she recalls a decisive menu failure. "Many, many years ago I thought it would be a good idea to serve breakfast burritos like McDonald's was doing. What a silly assumption—it got the big no vote from the guests when we served it. Now we stick to what works."



■ A Menu That Works

Menu selection is also based on what volunteers can prepare enough of with the equipment the ADCC has. "The growing number of guests has caused some combinations to no longer be workable. . . For instance, chub sausage, scrambled eggs and home fries all need the grill, and we just can't produce 100 plates of that combination in a timely manner. We're learning new ways to cook-like baking bacon—but we need to stick with things that are practical in high volume."

■ Referrals

In addition to serving more meals in 2012, we also grew the scope of our

No Expectations

“There is a genuineness about the guests who come to the ADCC discussions known as the ‘Come As You Are’ worship service,” shares the Rev. Dr. David DuBois as he reflects on the Wednesday afternoon gatherings he leads at the ADCC.

“It’s not really a worship service,” he continues. “We read a scripture passage and then discuss it and how it relates to

our lives. I’m often utterly amazed at the depth of insight that some guests share. ... I don’t have any preconceived ideas about where the discussion will go and anyone is welcome.”

David brings a rich background to his ADCC volunteer service. As an active United Methodist clergy in Moundsville, West Virginia, he held a weekly worship/study/discussion service at the State Maximum Security Prison. “The first time I went, a guard sat at the back of the room. I knew that wasn’t going to work. An atmosphere of fear begets a lack of trust, and without trust we weren’t going to accomplish anything.”

Many years earlier, when David was a child, his dad was the superintendent of construction at that same prison, and often took David with him to the prison facility. “From very early on I had a sense of security at the prison, and when I was back doing my ministry I wasn’t afraid. ... I called the warden and explained why we needed to remove the guard. He ultimately understood. I was the only non-prison person these men



Rev. Dr. David DuBois (seated, left) and some of his DCC Come As You Are friends.

would have a chance to talk with, sometimes for weeks at a time,” David said.

“Often those who come to the ADCC have no one to talk with but others who are in something of the same situation. Michele is wonderful at providing a caring, listening ear. I try to do the same in a more constrained period of time.”

One recent “Come As You Are” centered on the passage from Luke 13: 10-17, where Jesus heals a woman on the Sabbath and is condemned by the religious authorities for breaking the Sabbath law. “We discussed questions including: ‘Are you a person who follows the rules?’ ‘Is there a time when it’s okay to break the rules?’ and ‘What are some of the consequences you’ve had to face for breaking rules?’”

“I’ve had the privilege of meeting some remarkable guests at the Dining Center. ... When a big burly homeless guy comes up and gives me a hug and tells me ‘You’re for real, man, you’re the real thing,’ that’s the greatest reward imaginable.”

UPCOMING EVENTS

AD&CC Supporter Appreciation Dinner

May 21, 2013

Please join us for punch fellowship starting at 5:30 p.m. followed by dinner and a short program.

Annual Asbury First Golf Tournament

August 19, 1:00 p.m.

Mill Creek Golf Course.

Proceeds to benefit the Asbury Dining & Caring Center, Storehouse, & the Youth Mission Trip. Contact Jason Franklin; jfranklin@asburyfirst.org, 585-271-1050 x120 for more information.

Seventh Annual Dinner Among Friends Gala

Saturday, September 28

All proceeds benefit the Asbury Dining & Caring Center.

This newsletter was printed at no charge to the AD&CC by



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services. The number of referrals and one-on-one problem solving assistance opportunities grew by an astounding 140%, to 3,600. ADCC Board President Carol Trout attributes much of this increase to ADCC’s (very humble!) Executive Director Michele Cooley. “As word keeps spreading of her kindness, dedication and expertise, more and more guests are coming for assistance. For the unemployed, underemployed, and those who society has marginalized, the world is still a very difficult place in which to live. Michele has a real gift for connecting with our guests.”

■ Enrichment Programs

Capable, enthusiastic volunteers led our guests in enrichment activities last year that included poetry therapy, a weekly “Come As You Are” ecumeni-

cal worship service (see page 2), and art classes. Linda Clemow, Artist in Residence at Asbury First United Methodist Church, looks forward to Wednesday morning art classes with our guests. “The most popular activity is when I bring a piece of famous artwork and they try to replicate it. . . Usually I’ll notice a guest walking by and checking us out. Then they’ll start to ask questions and finally feel comfortable getting involved. We have a core of about a dozen or so who come faithfully. I love it that now when I come they call out, ‘Hey, the art lady is here.’”

An art teacher and ordained Methodist deacon by training, Linda is serving in an unpaid, missional appointment at Asbury. She feels a real sense of purpose about her time with

our guests. “It makes me feel so good ... they’re all smiling when I leave. My role is to give them a technique [the arts] to get rid of all the gunk inside. . . Art offers a subtle way for people to get inside of themselves and clean out the bad stuff so they can feel good about themselves.”

Highlights of other activity last year include providing 610 free, professional haircuts, offering a hot shower and laundry services to 1,300 guests, and distributing personal hygiene products to 2,500 guests. Your involvement made all this possible. Whether you supported us financially or as one of our 250+ volunteers, your kindness touched our guests. Thank you for your role in the exceptionally caring community that is the Asbury First Dining and Caring Center.

An Acute Need for Back Packs and Sleeping Bags

Warmer Temps Mean a Return to Outdoor Living for Many Homeless

“We’re totally out of back packs and sleeping bags to give to guests, and have been for quite some time now,” shares ADCC Executive Director Michele Cooley. Spring brings warmer temperatures, which eases the burden on our homeless guests who spent the winter outside. For those who found temporary shelter with friends or family during the harsh winter months, however, it means a return to outdoor living.

The recent break up of a homeless community that lived in the Civic Center Parking garage has added to the need for sleeping bags. Michele explains that, “There were a lot of complaints from parking patrons who felt threatened



by the presence of homeless people at night in the garage. . . [So] the police and parking garage owner evacuated them. . . It’s a tricky issue, I know. . . What our guests miss the most, I think, is the sense of community they had with the other people who “lived” in the garage.

You can provide a new sleeping bag to one of our homeless guests by making a donation of \$38 or a new backpack by donating \$25. Donations can be made via check made payable to Asbury First UMC, with a note in the memo line, and returned in the enclosed envelope, or on-line at www.asburydiningandcaringcenter.org. If you indicate that the gift is in honor

of someone, we will send them a note letting them know of the gift.

Gently used sleeping bags and backpacks can be left off at the Dining Center Tuesday-Friday between 7:00 a.m. and 2:00 p.m.

★ THANK YOU! THANK YOU! ★

Our heartfelt thanks is extended to all who supported the Dining & Caring Center's work in 2012 with financial contributions, United Way pledges, and/or participation in the Dinner Among Friends.

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Every effort has been made to ensure the accuracy of this list. If we erred, we apologize and ask that you please contact Carol Trout at carol.trout@gmail.com so that we can correct our mistake.