

THE People of PORT

SUMMER 2019: ISSUE 1



News for Donors and Friends

PLANT-A-ROW & NICHOLAS CENTER: THE GREENHOUSE PROJECT

This summer the Nicholas Center for Autism (sister organization to the Spectrum Designs Foundation) and Plant-A-Row for the Hungry, Port Washington collaborated on “The Greenhouse” project. Nicholas Center Navigators are young adults on the autism spectrum who are working to reach their highest level of independence regarding personal, social, and daily living skills and who look to lead productive and meaningful lives with maximum community participation. The Navigators, led by supervisor Brooke Mellett worked on the Greenhouse Project this winter and spring under the expert tutelage of Marvin Makofsky, founder and president of Plant-A-Row for the Hungry; a public service charity that encourages backyard gardeners and local farmers to grow a little extra food and donate the produce to local food pantries to serve Port Washington’s low income population. Painted planters around town stuffed with growing vegetables are part of the Plant-A-Row campaign; they market the Plant-A-Row concept and beautify Port Washington at the same time. Beginning in late February the greenhouse behind the



Marvin Makofsky (Plant-A-Row for the Hungry, president) celebrating with the Nicholas Center’s Billy, Adem, Brooke Mellett (Nicholas Center Navigators’ supervisor) and Greg at this year’s Harborfest

Nicholas Center was used to propagate vegetable plants from seed. The Navigators worked with Reese Michaels, Master Gardener with the Cornell Cooperative Extension and members of the Plant-A-Row team to successfully grow more than 10 trays of starter lettuce plants for early spring planting. In May they began placing the summer vegetable plants into many of the painted planters throughout Port Washington. The Navigators were involved in all aspects of the program. Additionally, there are 15 planters outside the Nicholas Center greenhouse filled with

vegetables. The Navigators also work at watering, maintaining and harvesting produce from the painted planters along Main Street. All the harvested produce is delivered to Outreach locations in Port Washington. The efforts of the Nicholas Center Navigators have not only been consistent, but extraordinarily impressive. The result will be the delivery of hundreds of pounds of produce to families in need as well as showing the Port Washington Community how two nonprofit organizations supported by the Community Chest can accomplish a meaningful project together.

**25,000
POUNDS OF
PRODUCE
HAVE BEEN
DONATED BY
PLANT-A-ROW
& ITS
PARTNERS**

We hope you enjoy the news from some of the 28 Community Chest grantee organizations. Many of these programs would not be possible without Community Chest grant funding, and our support is not possible without donations from you. We are \$25,000 from our year-end goal, so...

**PLEASE MAKE A
DONATION NOW.**

YOUTH DEVELOPMENT GOING STRONG AT LITTIG HOUSE CENTER



Youth Council members Christopher, Jernayiah, Joanna, Jaydip, Raven and Jaquan working on their “Path to Success” Plans

Littig House provides services to 150 residents focused on education,

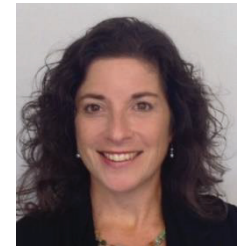
family life, youth development, seniors support, constructive leisure and wellness. Within the Youth Development program, teens create action plans that outline their career goals and assess areas of support based on audits of their academic performance at Schreiber H.S. In the Spring of 2019, they received college and career counseling, leadership and summer work readiness training and job placement guidance. 100 percent

of Littig House H.S. students will graduate on time with the college and career tracking program that includes college application essay help, resume building, community service hours, financial aid assistance and college tours. Service-learning opportunities abound with intergenerational dance, “Bingo and Brunch” and assisting the PW Police Department with toy collection and holiday turkey distribution.



Peter Dejana, founder of the Peter & Jeri Dejana Family Foundation was on hand for the ribbon cutting ceremony for the Port Washington Adult Activities Center on June 8, 2019.

Note From the Executive Director



In the late 19th century, social reformer Jane Addams said, “The good we secure for ourselves is precarious and uncertain until it is secured for all of us and incorporated into our common life.”

At the Community Chest of Port Washington, we see the consequences of not securing the good for all leading to harmful effects on people every day. The loss of a job causes a family to go without fresh food. Social isolation and poor nutrition equate to fewer friends, poor health and often depression for older residents. Inadequate health insurance determines whether a teenager can be treated for depression and anxiety. A lack of financial resources deters a high school graduate from applying to college.

By supporting the Community Chest of Port Washington, you are there with us every day, protecting the vulnerable in our town and standing with them to ensure they are given the human services that they need.

This year, the Community Chest will make grants to 28 charities and each one can share a story of lives changed forever by your kindness. May the coming year bring you happiness and good health. Remember that ALL our lives are made better by helping others.

Julie Meer Harnick
Executive Director

NEW NAME & NEW VIBE FOR MANORHAVEN ADULT ACTIVITY CENTER

Formerly the Port Washington Senior Citizen’s Center, the newly minted *Adult Activities Center* wants the Town’s baby boomers to know that they have varied programming and will now cater to a diverse 55+ community that varies in health, mobility, interests and needs. Their new and exciting lineup includes a “Wellness Wednesdays” program which features exercise, holistic living sessions, mindfulness groups, nutrition and more. Of course, the Activities Center continues to offer many exercise classes

like yoga, T’ai Chi, Dancercise, Zumba and more. Instruction is offered in painting, quilting, flower arranging and other fine arts. Popular with most of the members are bus trips to historic sites and restaurants, seasonal parties, Nassau County & Town of North Hempstead conferences and seminars and various presentations by experts on a variety of topics like phone scamming, health care proxies and estate planning. The Adult Activities Center is also home

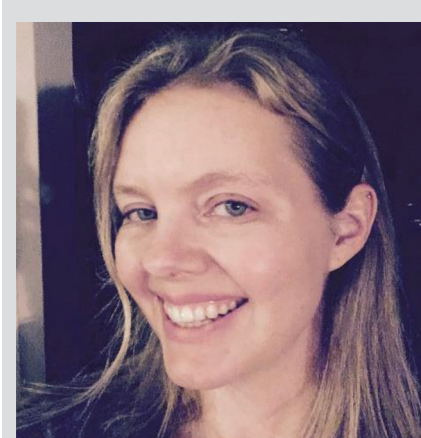
Hempstead’s Project Independence whose focus is to assist older residents by providing mental health services, caregiver support, transportation help, nutrition counseling and coaching in governmental assistance programs like Medicare and Social Security. A lovely lunch is provided each day for a modest \$4 and includes dessert. With membership at a modest \$25 per year per person you can bring a friend and come have fun!

CHANGE AT THE HELM, BUT NO CHANGE IN EXCELLENCE AT THE PORT WASHINGTON CHILDREN’S CENTER



\$184,000 in scholarship assistance given to 116 children during the 2018-19 school year

Port Washington Children’s Center continues to be one of the premier and most highly regarded Early Childhood and After School programs in the Tri-State area. And while Executive Director, Donna Preminger retired at the end of March after 12 years at the helm, she stayed around to hire her replacement, Lisa Bridge. Lisa and her staff will continue to participate in New York State’s Quality Stars program which identifies exceptional Early Childhood programs by awarding them 5 stars,



which the Children’s Center aims to be. The Children’s Center has access to the Landmark on Main Street gym each day and provides a music program, yoga and outdoor fun in the Blumenfeld Family Park. Their Early Childhood program accepts children from 18 months through Pre-Kindergarten and the Afterschool program—KidsPort—runs through age 12. Transportation to KidsPort is provided by the Port Washington School District.

SUPPORTING AND ENHANCING SCOUTING FOR GIRLS WITH LIMITED FINANCIAL RESOURCES, AT-RISK GIRLS AND GIRLS FROM UNDER-REPRESENTED POPULATIONS AT GIRL SCOUTS OF NASSAU COUNTY

SCIENCE, TECHNOLOGY, MATH, NATURE & ENTREPRENEURSHIP ARE 2019 FOCUS

Girl Scouts of Nassau County celebrates its 2018/2019 centennial anniversary with lots of fun events for girls, families and volunteers. They held the first annual Savannah Speedway Experience. Girl Scouts of all ages from all over Nassau County obtained real hands-on experience in engineering, physics, aerodynamics, carpentry and design as they created and raced their own gravity-powered miniature wood car culminating in an exciting championship match in

early June. Camp Blue Bay in East Hampton brings together all Girl Scout troops for a weekend exploring Scouting in the past and future with an array of activities designed to help the girls finish up the requirements to earn the special Centennial Patch while exploring camp life. Younger girls will learn about nature and camping skills like knot tying and setting up a tent, while hiking and playing games at Valley Stream State Park and earning the Girl Scouts Love State Parks 2019 patch.



September brings all Girl Scouts of Nassau County and their families together for a campfire at Wantagh Park to celebrate the Girl Scout bond.

LIAF: IMPROVING THE QUALITY OF LIFE FOR PEOPLE WITH ALZHEIMER'S AND RELATED DEMENTIA & THEIR CAREGIVERS



Grace and pet therapy dog, Abraham, are trained in helping participants with social interactions and increased physical activity

STEER CLEAR OF BULLIES PROGRAM HELPS STUDENTS RESPOND TO BULLYING SITUATIONS AND PROMOTES EMPATHY AND ASSERTIVENESS



Debbie Mullarkey, CAPS Executive Director and grand prize winner Emily Bonavitacola and Lorraine DiFiglia, CAPS Volunteer

Child Abuse Prevention Services (CAPS) announced the winners of their 19th Annual Bully Prevention Poster and Poetry Contest. The contest is open to students who have participated in the CAPS Steer Clear of Bullies Program. Each year artwork including 12 drawings and three poetry submissions are selected to be highlighted in the CAPS Calendar.

Over 750 students from across Long Island participated this year. Three students from Port Washington Schools were selected to be in the 2019-2020 calendar, including the Grand Prize Winner, Emily Bonavitacola of John Phillip Sousa Elementary School, Amy Loftus, of John Phillip Sousa Elementary School, and Daniela Puentes from Guggenheim Elementary School.



2019 Women's Luncheon & Fashion Show attendees received hand painted pots with chocolates.



In Corazon de Oro, or [Heart of Gold](#), individuals in the early to moderate stages are stimulated in their native language within a structured and comfortable social environment.



Giving students an opportunity to share their voice through art provides them with a creative opportunity to reinforce their understanding of the social and assertiveness skills they've learned through our bully prevention workshop, which promotes empathy, tolerance and a community of caring both in and out of the classroom.

NEWS IN BRIEF

COLLEGE SCHOLARSHIP FUND

The Community Scholarship Fund of Port Washington is a needs-based scholarship fund for college study awarded to Schreiber H.S. students. This year the Scholarship Fund awarded \$28,000 in scholarship money to 37 graduates. Since its inception the Scholarship Fund has distributed over \$750,000 in college scholarship funds.

PARENT RESOURCE CENTER – OUTREACH

The Outreach Program provides early childhood classes and experiences to children from low-income families and establishes a network of support for parents. The PRC added a fourth class and hired another teacher due to increased need. Young children, newborn to pre-kindergarten have three days to socialize through free play, circle time songs and books, crafts and motor activities in the Landmark Gym.

NORTH SHORE CHILD & FAMILY GUIDANCE CENTER

“Your mind is a garden, your thoughts are the seeds, you can plant flowers, or you can plant weeds.”

-- Hillary McGrath, Mental Health Counselor

Peer-to-Peer at the Thanksgiving Day Run

Thank you



Monique Nunes Campos & Luiza Do Valle Borges

Go the *extra* mile for your Port Washington neighbors this Thanksgiving. Make a direct impact on their lives just by wearing a pair of sneakers! When a neighbor, friend of a friend, or classmate's parent needs a hand, likely it is a grantee of the Community Chest that is giving that helping hand. Illness, isolation and poverty touch our community. Let your neighbors know that their needs matter, that you want for them, what you already have: a safe place to live, food on the table, social service supports, family and friends to be with, and most importantly, the knowledge that YOU care. Join us for the Thanksgiving Day Run Peer-to-Peer **CHARITY HERO** Campaign. Dust off those sneakers and become a Charity Hero and know that you are making a difference!

Although peer-to-peer fundraising may seem daunting, we are here to help you every step of the way. Whether you run in the Thanksgiving Day Run or just watch from the sidelines, you can launch a fundraiser. Please reach out to us at info@portchest.org for help. Together we can make a BIG difference for the **People of Port.**



We are asking you, the **People of Port** to dream BIG. Become a Fundraiser and Change a Life! If you want to make a difference in the lives of your neighbors who are struggling, why not fundraise with the Thanksgiving Day Run Peer-to-Peer campaign?

CONGRATULATIONS TO OUR 2020 GRANTEE ORGANIZATIONS

Child Abuse Prevention Services ❖ Community Scholarship Fund of Port Washington
 ❖ Girl Scouts of Nassau County ❖ Grassroots Environmental Education - Dodge Farm
 ❖ Hellen Keller National Center - Destiny Home ❖ Landmark on Main Street, Inc. ❖
 Long Island Alzheimer's Foundation ❖ Littig House Community Center ❖ Manhasset
 Women's Coalition Against Breast Cancer ❖ North Shore Child & Family Guidance
 Center ❖ Parent Resource Center – Outreach Program ❖ Plant A Row for The Hungry -
 Port Washington ❖ Police Athletic League ❖ Port Counseling Center; A Division of Long
 Beach Reach ❖ Port Rowing ❖ Port Summer Show ❖ Port Washington Boy Scouts -
 Troop 7 ❖ Port Washington Children's Center ❖ Port Washington Community Action
 Council – EOC Inc. ❖ Port Washington Adult Activity Center ❖ Port Washington Soccer
 Club ❖ Port Washington Youth Council ❖ Port Youth Activities ❖ Senior Community
 Center – EAC Inc. ❖ Spectrum Designs Foundation ❖ St. Francis Hospital Foundation -
 Cancer Fund ❖ The Safe Center Long Island ❖ Twin Pines Charitable Thrift Shop

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and sign up for regular e-newsletters:

www.portchest.org

(at the bottom of every page)

Reach out for information anytime!

info@portchest.org

WAYS TO GIVE

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<https://smile.amazon.com/ch/11-1614994>

MAKE AN **EVEN MORE** SIGNIFICANT IMPACT BY:

- Naming the Community Chest as a beneficiary of your estate plan, life insurance policy or retirement plan
- Doubling your contribution by asking your employer about its Matching Gift Program
- Donating appreciated stock to avoid paying tax on the unrealized capital gain and get a charitable deduction equal to the fair market value of the stock
- Making a gift in honor of or in memory of someone special to you. All tribute gifts are recognized in our annual brochure
- Donating your IRA's required minimum distribution (if you are 70 ½ or older)

For securities transfer instructions or additional information, please email Julie at jmeerharnick@portchest.org or call (516) 767-2121.

SAVE THESE DATES

November 28, 2019 Port Washington Thanksgiving Day Run

March 14, 2020 Port Washington 5 Mile Winter Run

April 20, 2020 Citizen of the Year Ceremony

May 17, 2020 Alper's Hardware Karmacue BBQ Festival

June 1, 2020 Golf Outing at the Village Club of Sands Point

July 2020 (TBA) Port Washington-Manhasset Bay Kayak Run