



# HELPING HANDS

E-EDITION, MAY 2017

"There's an overwhelming sense of comradery in these cramped church basement gatherings; it's a pocket of sweetness in a struggling city, an ever evolving group of people who have dedicated themselves to returning Newburgh to a state of safety and dignity one home at a time."

- Jane Hesch, AmeriCorps NCCC member, on Habitat Newburgh coffee breaks

## Building Community

By Cathy Collins

Attending our Community Coffee Break is one of my favorite things to do. It is a source of inspiration and rejuvenation. It is also the place I like to take people to get an immediate sense of what Habitat Newburgh is all about. That may surprise some of you that it would be E. Parmenter Street or one of our current build sites. Those are definitely the tangible things I would want people to see. The heart of Habitat Newburgh, though, is found at our Community Coffee Breaks.

Our recent Moose 7 AmeriCorps NCCC team shared that sentiment. Jane's quote above and Team Leader Matt's farewell both spoke to the love that they felt at Community Coffee Break:

"When we first looked up Newburgh, we each had a lot of preconceived notions about what this city and what this community might be like. It is no secret that Newburgh is in need of some love, but what we have seen time and time again is that the love Newburgh seeks can be found right here in this room."

What happens in these weekly church gatherings involves breaking bread (or some might say cookies) together and building community. It is a radical form of God's hospitality. And it is perhaps the truest sense of putting God's love into action. It is not easily defined, but it is easily felt.

Most of it happens behind the scenes. A dedicated group of women have been ensuring that the families and volunteers with whom we are privileged to partner, along with the staff, are well-nourished every Wednesday and Saturday. LT, one of our long-standing volunteers, keeps us in good supply of great coffee and other healthy treats. Our Habitat Newburgh Chaplain, Deke, offers words of inspiration. (He hasn't run out of them yet and today he even echoed the sentiments of what this column was on). And there is much laughter and hope shared that fortifies all of us to continue to make the tangible changes needed in the City of Newburgh.

It's easy to think that the important work that we do is all about the houses that we build. Yet as City of Newburgh Police Department Crime Analyst expressed: "For me, the most important work that Habitat Newburgh does is not the physical investment that builds homes, but the social investment that builds community." I believe that to be true to the bottom of my heart and the depth of my soul. Our Community Coffee Breaks are open to everyone, not just those working on site. Please join us any Wednesday or Saturday at 10:00 am whenever you feel the need to be uplifted.

## The Benefits of Volunteering

Want to do something for yourself? Try doing something for others!



When you volunteer...

### Your health benefits.

- People who volunteer tend to experience fewer aches and pains and less disease.
- Volunteering reduces stress, which is beneficial to your health and well-being.
- Giving time to help others protects overall health twice as much as aspirin protects against heart disease.
- People 55 and older who volunteer have a 44% lower likelihood of dying, and that's after sitting out all other factors—physical health, exercise, gender, smoking, marital status. This is a stronger effect than exercising 4 times a week!
- Volunteering improves cognitive function and can stave off cognitive decline.
- Teens who volunteer show reduced risk of depression, suicide, pregnancy, drug-use, and failing school. They also exhibit higher self-esteem and greater social competence.

### Your happiness benefits.

- Helping others releases dopamine in the brain—giving volunteers what researchers call a natural "helper's high."
- Volunteering decreases the risk of depression by increasing social interaction and building a support network based on common interests and values.
- Helping others is associated with lowered anxiety.
- Volunteers report higher feelings of energy, strength, and self-worth than non-volunteers.

### Your social life benefits.

- Volunteering is great way to meet new people and make new friends.
- Be a part of a diverse community of people with shared values working towards a greater good.
- See your neighborhood in a new light and expand your social horizons. Habitat sites are an ideal place to speak to someone you may never otherwise have crossed paths with.

### Your career benefits.

- Volunteering is a great way to learn new skills, and a way to practice teaching others. It can open the door to new learning opportunities that you may have never otherwise considered. It can be an opportunity to discover hidden talents and build your resume and your network.
- Gain confidence by trying something new, taking on a challenge, and achieving a goal.
- 73% of employers would choose a candidate with volunteer experience over a candidate without.
- 94% of employers believe volunteering helps increase job skills.

### You make an impact!

- Volunteers provide a huge value to non-profits. In New York, the average hour of volunteer labor is valued at \$28/hour. With our volunteers giving over 27,000 hours last fiscal year— that's a value of approximately \$750,000!
- When we speak to homeowners, many say that they were inspired to keep going by the volunteers who built alongside them onsite, who counseled them through the mortgage process, and who showed up and helped them to build a new home for their family.
- Habitat homeowners build strength, stability, and self-reliance through homeownership and it wouldn't happen without volunteers!

...and IT'S FUN!

## No matter where your talents and interests lie, Habitat Newburgh needs your help!

Volunteers are crucial to our organization's success and the success of the homeowner families that we partner with. We are active year-round, with multiple construction sites, fundraising events, homeownership outreach and classes, a busy ReStore open Wednesday through Saturday, and more. Whether you want to swing a hammer onsite, price new merchandise at the ReStore, or mastermind an awesome event, we would love to welcome you to our volunteer community- the Habitat family.

**Get started!** Contact Volunteer Coordinator Matt Arbolino at (845) 568-6035 x110 or marbolino@habitatnewburgh.org. Sign up for the construction site at newburgh.volunteehub.com

## Walk for Housing 2017

Every Hand, Every Heart, Every Dollar Makes a Difference!

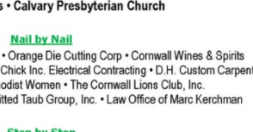
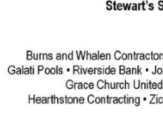
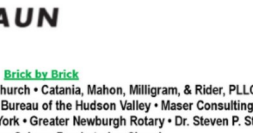


Thank you to everyone who walked, who donated, who sponsored, and who volunteered for making this year's Walk for Housing another lovely and successful event. Because of you, we raised over \$44,000!

A special thank you to the incredible Walk Committee. These volunteers work year-round to seek sponsors, plan logistics, recruit walkers, and think of every detail. This was the second year that the Walk for Housing has been volunteer-led, and this devoted team makes it happen!

## Thank You to Our Generous Sponsors

### Block by Block



### Brick by Brick

Mountainville United Methodist Church • Catania, Mahon, Milligram, & Rider, PLLC  
GTI Graphic Technology • Collection Bureau of the Hudson Valley • Maser Consulting P.A.  
Interstate Battery of Southern New York • Greater Newburgh Rotary • Dr. Steven P. Stern  
Stewart's Shops • Calvary Presbyterian Church

### Nail by Nail

Burns and Whalen Contractors, Inc. • Orange Die Cutting Corp • Cornwell Wines & Spirits  
Galati Pools • Riverside Bank • John L. Chick Inc. Electrical Contracting • D.H. Custom Carpentry  
Grace Church United Methodist Women • The Cornwell Lions Club, Inc.  
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### Step by Step

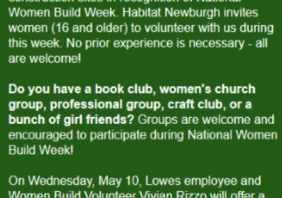
Sheila Callahan O'Donnell, Attorney • Michael Seitz DDS • Thomas Conroy  
Colandrea Buick GMC, Inc. • Smithgier Realty • Sunshine Ford-Lincoln Inc.  
Robert Lustbader, D.D.S. • Reider, Weiner, Frankel, P.C.  
Jeffrey J. Zambito, D.M.D. • Shapiro's Furniture Barn

### In Kind Sponsors

Pepsi Cola of the Hudson Valley • Washington's Headquarters • Mixture  
Beacon Natural Market • Newburgh Banana • Overlook Farms • The Print Shop • DMU • Osinski & Henderson

## National Women Build Week 2017

Wednesday, May 10  
- Saturday, May 13



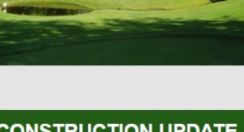
Across the country **women volunteers** will raise their hammer at Habitat for Humanity construction sites in recognition of National Women Build Week. Habitat Newburgh invites women (16 and older) to volunteer with us during this week. No prior experience is necessary - all are welcome!

**Do you have a book club, women's church group, professional group, craft club, or a bunch of girl friends?** Groups are welcome and encouraged to participate during National Women Build Week!

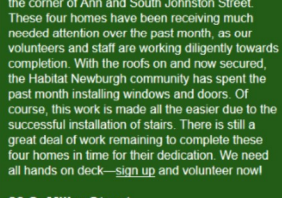
On Wednesday, May 10, Lowes employee and Women Build Volunteer Vivian Rizzo will offer a special tools clinic at 10:30 am at the Habitat office. This clinic is free and open to everyone age 16+. Afterwards, we will celebrate our week of women building with a **thank you lunch** for all of the women who volunteer with us. Join us at our office (125 Washington Street) on Wednesday, May 10th at 12:30 pm.

If you would like to volunteer with Women Build, contact Volunteer Coordinator Matt Arbolino at (845) 568-6035 x110 or marbolino@habitatnewburgh.org.

## 18th Annual



Monday, May 8, 2017



## CONSTRUCTION UPDATE

### 150-156 Ann Street

It is full steam ahead on our Faith Build homes at the corner of Ann and South Johnson Street. These four homes have been receiving much needed attention over the past month, as our volunteers and staff are working diligently towards completion. With the roofs on and now secured, the Habitat Newburgh community has spent the past month installing windows and doors. Of course, this work is made all the easier due to the successful installation of stairs. There is still a great deal of work remaining to complete these four homes in time for their dedication. We need all hands on deck—**sign up** and volunteer now!

### 30 S. Miller Street

Our work on South Miller continues! With three Habitat homes completed already, the primary recipient of our attention is 30 South Miller. This home was built in 1900 and is a beautiful example of the historical homes in Newburgh and the potential they can offer. That is not to say that there is not a great deal of work left to do here in order to get this home to a level considered strong and stable enough to be inhabited. Keep an eye on Newburgh VolunteerHub.com for dates when you can be a part of this rehabilitation project.

## Welcome Carly Walag!

Assistant ReStore Manager



Welcome to Carly Walag, our new Assistant ReStore Manager. Carly brings her retail experience with CVS as an Inventory Specialist/Pharmacy Technician. She has her Associates Degree in Biology from SUNY OCC. Carly is an avid rock climber, you can often find her hanging off of cliffs in the 'Gunks. We are so happy to have her become part of our team—please join us in welcoming her to the Habitat Newburgh family!

## Beautiful Day in the Neighborhood Tour

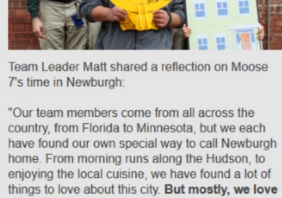


Join us for a FREE coach bus tour and learn more about Habitat's work in Newburgh. Tour in-progress rehabs and new builds, and see a completed Habitat Newburgh house. **All are welcome to join!**

Tours begin at our office  
125 Washington St., Newburgh, NY  
**10:45 AM Sign-in & refreshments**  
**11:00 AM Tour begins**  
Call (845) 568-6035 x109 to RSVP

**Tour Dates:**  
Saturday, May 6  
Wednesday, June 7  
Saturday, July 8

## Farewell AmeriCorps NCCC Moose 7!



Team Leader Matt shared a reflection on Moose 7's time in Newburgh:

"Our team members come from all across the country, from Florida to Minnesota, but we each have found our own special way to call Newburgh home. From morning runs along the Hudson, to enjoying the local cuisine, we have found a lot of things to love about this city. But mostly, we love community coffee breaks."

When we first looked up Newburgh, we each had a lot of preconceived notions about what this city and what this community might be like. It is no secret that Newburgh is in need of some love, but what we have seen time and time again is that the love Newburgh seeks can be found right here in this room."

This community is so special, it is full of compassion, determination, and kindness. We all are so grateful to have had the opportunity to spend this time with you."

Thank you Moose 7 for the hard work and happy energy that you brought to our work sites, and best wishes as you head off to your next assignment!

## Thank you to the volunteer groups that came out to build with us this month!

Winston Bar Association  
Women's Preparatory School  
Mount Saint Mary College  
Mercy College  
Central Catholic High School  
MEDLife Mount Saint Mary College  
National Society of Collegiate Scholars  
—Mercy College  
New York Air National Guard

If you would like to schedule a Team Build day, please contact Volunteer Coordinator Matt Arbolino at (845) 568-6035 x110 or marbolino@habitatnewburgh.org

## Keep up with the latest Habitat Happenings!



## LOOKING AHEAD

Upcoming events in 2017

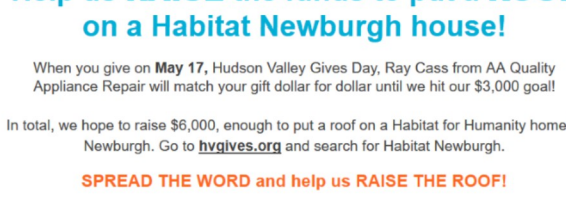
Monday, May 8 18th Annual Golf Fore Housing

May 6-14 National Women Build Week

Saturday, May 13 Chris O'Leary Band Concert for Builders Blitz

Wednesday, May 17 Hudson Valley Gives Day

Saturday, May 20 PresbyBuild Talent Show



## Help us RAISE the funds to put a ROOF on a Habitat Newburgh house!

When you give on May 17, Hudson Valley Gives Day, Ray Cass from AA Quality Appliance Repair will match your gift dollar for dollar until we hit our \$3,000 goal!

In total, we hope to raise \$6,000, enough to put a roof on a Habitat for Humanity home in Newburgh. Go to [hvgives.org](http://hvgives.org) and search for Habitat Newburgh.

**SPREAD THE WORD and help us RAISE THE ROOF!**

## Volunteer SPOTLIGHT!

George Dolan

Writing a Volunteer Spotlight is an active way to illustrate one of the most integral aspects of the Habitat Newburgh community: communication. As some might expect, the hectic nature of construction sites and the ReStore do not always provide us with the ideal settings to have one-on-one conversations. Fortunately, we found a quiet few moments to sit down with Habitat ReStore volunteer George Dolan to discuss not only what drives him to devote much of his free time to volunteer with us, but also learn more about George as an individual.

George Dolan was born in the Bronx, but his family relocated to New Windsor when he was still young. George is a graduate of St. Patrick's School here in Newburgh, as well as a veteran of the United States Air Force. While serving in the Air Force, George was stationed in Georgia and Alaska. When asked what his favorite aspect of serving was, George said, "I was kid! I enjoyed seeing Alaska and being able to go skiing."

After returning from the Air Force, George spent the next 42 years working at West Point. After George retired from West Point he was looking for a way to be involved in the community and, as we often hear from volunteers, a way to stay busy. Interestingly, there weren't many options available to him. That is, until George was a customer in the ReStore with his son. A conversation with the ReStore manager turned into 4 (more) years of service in which George has been able to utilize the skills he has learned through a lifetime of personal and professional experiences. This includes his ability to operate trucks and forklifts, but also George's skills at communication.

In his free time not spent at the ReStore, George enjoys umpiring baseball games in and around the area. According to ReStore Manager Diane Pacella, it's amazing George has any free time, since he is involved at the ReStore so often. George also finds time to go shopping with his wife (not entirely up to him) and see his two grandchildren who George describes as immensely talented.

When asked what keeps him coming back and why he enjoys volunteering, George said, "Habitat is like a family, including the report we've developed with the customers." George looks forward to the continued improvement and development of Newburgh, especially the utilization of the waterfront area. We couldn't enjoy the continued success of the Newburgh ReStore without the support of volunteers like George.

## The Chris O'Leary Band Concert at the Falcon Fundraiser for 2018 Home Builders Blitz



Join us for great music by the Chris O'Leary Band at the Falcon in Marlboro. Funds raised will benefit Habitat for Humanity of Greater Newburgh's next Builders Blitz, when we will build 2 homes in just 5 days.

Proceeds will help Habitat for Humanity of Greater Newburgh reach our goal of building 100 homes for hard working families.

Come enjoy the music and brunch - all while benefiting a terrific cause!

Saturday, May 13, 2017  
10:00 am—2:00 pm  
The Falcon, Marlboro, NY

RSVP online or call (845) 236-7970

<http://thechrisolearyband.net/>

## SAVE THE DATE! June 25, 2017

Dedication of 152, 154, & 156 Ann Street

Faith Builds II



Believe it or not, three of these Ann Street houses will be dedicated at the end of June to homeowner families! Come out and celebrate the accomplishment of the faithful communities that have sponsored these houses—Methodists & Friends Build, EpiscoBuild, & PresbyBuild—and the hard work of all of the volunteers and future homeowners who lent a hand in building them.



Donations are gratefully accepted  
Wed-Sat 9:30-4:30  
For a complete list of accepted donations, visit <http://newburghrestore.org/donate.html>

Follow the ReStore on Facebook and Twitter for the latest!

Please visit our website at [www.habitatnewburgh.org](http://www.habitatnewburgh.org)

Donate to our cause  
Like us on Facebook