



JOHN O. WILSON
HAMILTON NEIGHBORHOOD CENTER, INC.

2022

ANNUAL REPORT



Together, we can make a difference.

FROM THE EXECUTIVE DIRECTOR



"Life belongs to the living, and he who lives must be prepared for changes."

– Johann Wolfgang von Goethe

Dear Friends of the Center,

As we embarked on our 55th year of service, 2022 afforded us the opportunity to reach incredible achievements while still managing high demands for our programs and the need to implement changes to increase efficiencies and community outreach.

Former United States President Barack Obama once said, "Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek." Putting the message into action and rising above our own expectations, 2022 was an amazing year! We made connections with other community organizations during our first-ever community resource fair hosted in June. We partnered with major hospitals in the area to offer free health services to our clients and the community. We introduced evening programming for working adults. We fed more people than before in our history of existence! And we formally launched "Wellness @Wilson," a program developed to offer free wellness education to adults of all ages.

Passionate about being a resource for the senior members of our community, we wanted to create a place for seniors to socialize, learn mobility improvement techniques and acquire the knowledge needed to stay safe and healthy. Our partners at the Mercer County Office on Aging and the Township of Hamilton helped us deliver weekly "senior-centered" crafts, exercises, technical skills, seminars, and presentations. Oh, and let's not forget, the holiday parties!

Below are some of the other programs and services that were developed and initiated during the year:

- Health Education Events and Clinics
- Youth Activities
- Socialization Events
- Recreational Programs
- Internship Opportunities (partnership with Rutgers, The State University)
- Mental Health Therapy
- Training/Skills Workshops

As we continue this mission to strengthen individuals, support families and build thriving communities, we will keep planning, building, developing, expanding, transforming, impacting, and making a difference. In 2023, we look forward to feeding more families, encouraging more youth, keeping more families from experiencing eviction and utility "shut-off", educating more parents and seniors, and continuing to be the change we seek!

In Service,

Laurethea Kidd, MPA



OUR HISTORY

With more than 50 years of service in the Hamilton Township community, the John O. Wilson Hamilton Neighborhood Center, Inc. (501(c) 3) is a resource for individuals, families, adults, children, and seniors. Our programs and services include but are not limited to: food assistance, homeless prevention (emergency financial support), parent support, mental health therapy, computer education, holiday gifts giveaways, summer camp, senior activities and nutrition, bus trips, immunization & health screenings, case management, information and referrals, and more.

Known to many as “The Wilson Center,” the John O. Wilson Hamilton Neighborhood Center, Inc., was originally founded in 1967 in the basement of the Saint Phillips Baptist Church by Pastor John O. Wilson, as a childcare center. However, it was Pastor Wilson’s vision to provide more than childcare services to the community – he wanted a resource center, a place where community residents could receive services and support. In 1976, the Township of Hamilton, NJ dedicated our current location of 169 Wilfred Avenue to his cause.

Additionally, the Wilson Center is the home of many community programs, social and civic groups.

OUR MISSION

To strengthen individuals, support families, and build thriving communities.

Higher percentage of families live in poverty in Mercer County than the NJ average (11% in Mercer and 10% in NJ).

Food insecurity in Mercer County is slightly higher than the state average (8.9% vs. 8.7%).

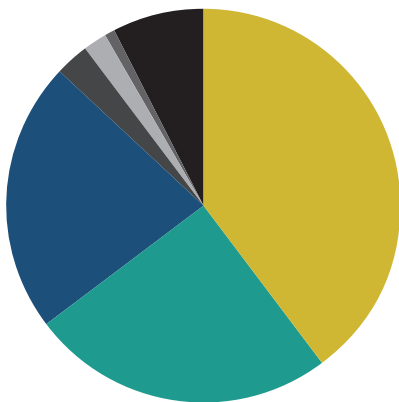
Frequency of mental health distress in Mercer ranks 2nd highest of all NJ counties (16.8%) as compared to the NJ average of 12.1%.

According to Hamilton Township Division of Health Vulnerable Population Assessment (March 2021), 30% of households earn below the basic cost of living for the county.

MAKING A DIFFERENCE

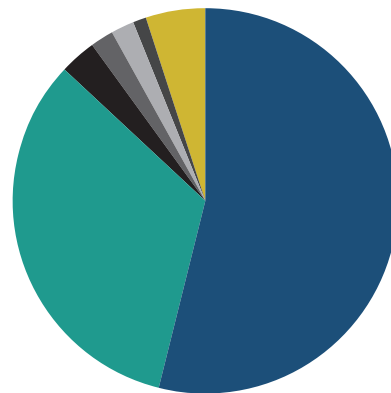
| Programs/Services | # of Individuals Served in 2021 | # of Individuals Served in 2022 |
|-----------------------------|---------------------------------|---------------------------------|
| Hunger Relief | 802 | 1,083 |
| Youth/Family Services | 173 | 586 |
| Homeless Prevention | 81 | 108 |
| Community Education/Service | 277 | 459 |

CLIENT PROFILE



Ethnicity/Race

| | |
|---------------------------|-----|
| Black or African American | 43% |
| Hispanic or Latino | 27% |
| White or Caucasian | 24% |
| Asian or Pacific Islander | 2% |
| Did Not Respond | 8% |
| Other | 3% |



Residence

| | |
|---------------|-----|
| Hamilton | 54% |
| Trenton | 33% |
| Ewing | 3% |
| East Windsor | 2% |
| Lawrenceville | 2% |
| Robbinsville | 1% |
| Other | 5% |

INCOME

44.8% of reported households earned **less than \$25,000 annually.**

NEW PARTNERS & PROGRAMS

With the goal of helping residents better understand and improve their physical, mental, and financial wellness, the John O. Wilson Center forged new and impactful partnerships throughout Mercer County. By forging these new partnerships with well-established and respected leaders in the community, we were able to successfully launch a new program initiative titled, “Wellness @Wilson.” This initiative aims to provide free in-person and online educational classes and workshops to increase health education and outcomes for a better quality of life.

Highlighting the 2022 Wellness @Wilson initiative were collaborations and partnerships with:

- **Robert Wood Johnson University Hospital Hamilton** for a series of senior wellness programs titled, Lunch and Learns, along with their community-wide nutrition study known as Farm-to-Family;
- **Penn Medicine Princeton Health** who provided residents with a four-part self-defense course for women, and a series of classes on the benefits of yoga;
- **YWCA Princeton and their Breast Cancer Resource Center** for an interactive discussion on breast cancer education and management for women and men;
- **SNAP-Ed and the Rutgers Cooperative Extension** team for a series of programs on healthy eating, how to read nutrition labels, and tips for smart shopping;
- **Womanspace** who shined a much-needed light on the issues of domestic violence, sexual and financial abuse, and ways to find resources in the community;
- **Professional Counseling and Development Center, LLC** who partnered with the Wilson Center to provide free “drop-in” mental health therapy sessions twice a month for area residents, and a well-attended program on stress and anxiety management.

Additionally, the Wilson Center hosted its first-ever community resource fair in the summer of 2022, and we proudly continued our longstanding collaboration with the Hamilton Township Division of Health who provided numerous free health screenings and vaccination sessions throughout the year to help keep our community safe, healthy, and protected.



FOOD INSECURITY

Supporting individuals and families struggling with the ever-increasing rise in food insecurity, the Wilson Center, Inc.'s food pantry provides ongoing nourishment to residents across Mercer County. Stocked with canned fruits and vegetables, soup, pasta, rice, and other essential items, the food pantry is available to eligible residents by appointment every Thursday, between the hours of 9:30 am to 4 pm.

In addition to the food pantry, our efforts in fighting food insecurities include quarterly food drives available free of charge and without restriction for area residents. These include boxes of fresh produce, Thanksgiving turkeys with all the trimmings, Christmas gift baskets, and other food options to help enhance nutritional health and overall wellness. Also, through our partnership with the Mercer County Department of Senior Services, area Mercer County seniors visit the Wilson Center to receive a free, nutritious lunch Monday through Friday as part of the county's Nutrition Project for the Elderly.



HIGHLIGHTS:

Food Pantry

112 individuals served

Fresh Produce Box Giveaways (2)

443 individuals served

Thanksgiving Basket Giveaway

528 individuals served

Total: 1,083 individuals served

■ "I appreciate all you do. The food giveaways are MUCH appreciated!! I know myself, after being out of work with very little and no income, food was appreciated. Trying to catch up isn't easy. Thank you so much for your generosity and kindness."

- Paula of Ewing

■ "I very much appreciate the generosity of the Center offering these produce boxes. It's always good to cook fresh healthy food in these times of takeout and fast food. Thank you!"

- Susan of Hamilton

■ "Many families were well feed this Thanksgiving because of the generosity of community donations but also because of the dedication and hard work of the friendly staff at John O Wilson Center. From my family ...thank you."

- Jeannie of Hamilton

CASE MANAGEMENT & REFERRALS

The Wilson Center, Inc. offers case management and support services to the residents of Hamilton Township and the surrounding communities. Together, the case manager and the individual/family work to overcome the identified obstacles and challenges and provide supportive linkages to other agencies and targeted resources.

■ *"Thank you for supporting us in difficult times." - Carlos D.*

Case Management

76

individuals served

HOMELESS PREVENTION

With the goal of keeping individuals and families from eviction and loss of heat, power or water, the Wilson Center Inc.'s Homeless Prevention Program secures grant funding to provide back rent and utility assistance to qualified residents within Hamilton Township and additional Mercer County communities. This critically needed emergency relief service offers a one-time supplemental payment toward rent, electricity, water, gas and oil to help mitigate the devastating effects of homelessness and sudden loss of utility.

Emergency
Rent Assistance

31

households served

Emergency
Utility Assistance

77

households served

Total

108

households served

SERVICE AREAS:

East Windsor
Ewing

Robbinsville
Pennington

Hamilton
West Windsor

Trenton
Yardville

■ *"I had a shut off notice, and they helped me right on time. The help came when I most needed it. I was surprised at how fast the process was. I greatly appreciate it." - Ruby T.*

■ *"Because off my low income having the Wilson Center help with the Food Pantry as well as the Emergency utility assistance was an extremely big help with my utilities and food."*
- Anonymous

YOUTH ACTIVITIES

Driven to improve the quality of life for children and families in our community, the Wilson Center, Inc. rises to the challenge to meet some of the critical needs through support programs and giveaways. These well-received initiatives included our annual school backpack giveaway, Christmas gift giveaway, winter coat/hat/gloves campaign, and our summer camp program in partnership with the Hamilton Area YMCA.

Additionally, the Wilson Center, Inc. recently began planning and implementing social, recreational, and educational activities designed to foster teamwork, empathy, communication, respect for others, compromise, tolerance, and trust in other people.

■ *"Summer camp was a unique and awesome experience for my children. They loved and enjoyed the camp. Thank you so much for the opportunity gave to us." - Ingrid D.*



HIGHLIGHTS:

Mobile Gaming Truck

13 youth participated

Easter Egg Hunt

43 youth participated

Summer Camp at the YMCA

28 youth participated

School Backpack Giveaway

113 youth received backpacks

Halloween Candy Giveaway

150 youth received goodie bags

Operation Christmas

239 youth received toys, coats, hats, gloves and books

Total: 586 individuals served

SENIOR ACTIVITIES

Recognizing the importance of maintaining social interaction and engagement with our senior population, the Wilson Center, Inc. recently implemented a new community support and service program specific for seniors, titled, “The S.A.G.E. Program” (Senior Activities, Guidance, and Education).

The S.A.G.E. program aims to foster increased connections, support systems, educational skills sets and the overall physical and emotional wellness of Mercer County senior citizens. Programmatic activities include:

- **Socialization Events** such as bingo, card and tables games; bus trips and outings, and nostalgic-themed parties and holiday celebrations;
- **Recreation Programs** which specifically focus on improving physical and emotional wellness by trained and qualified professionals through the implementation of yoga, tai chi and walking classes; mindfulness and stress reduction classes; and arts and crafts;
- **Educational Functions** including Lunch and Learn seminars, and various workshops to increase knowledge, skill sets and the ability to self-advocate for critically needed services such as healthcare and insurance coverage, computer literacy and competency, fraud prevention, and more.

■ “The Center is doing a wonderful job. Glad it’s reaching out to the community, especially the seniors.” – **Barbara H.**

| HIGHLIGHTS: | |
|--------------------------------------|-------------------------------|
| Lunch and Learn Educational Programs | 52 seniors participated |
| Creative Crafts | 169 seniors participated |
| Bingo | 157 seniors participated |
| Beginners Seated Yoga | 35 seniors participated |
| Recreational Bus Trip | 157 seniors participated |
| Holiday Party | 34 seniors participated |
| | <hr/> |
| | Total: 604 individuals served |

COMMUNITY EDUCATION

With a focus on educating the general community, the Center has developed a series of free, in-person classes and virtual presentations, to help residents better understand and improve their physical, mental, emotional, financial, and spiritual health and wellbeing. Presentations will cover various wellness topics including how to better manage stress and anxiety, the benefits of yoga and tai chi, heart disease and diabetes education, CPR training, self-defense lessons, household budgeting, and more.

HIGHLIGHTS:

| | |
|--|------------------------------|
| Introduction to Yoga Sessions | 10 individuals participated |
| Self-Defense Classes for Women | 10 individuals participated |
| Introduction to Line Dancing | 5 individuals participated |
| Surviving Stress Workshop | 5 individuals participated |
| Community Resource Fair | 100 est. # of participants |
| Breast Cancer Awareness Workshop | 16 individuals participated |
| Farm-to-Family Series <i>Robert Wood Johnson</i> | 51 individuals participated |
| Stretching Food Dollars w/SNAP-Ed <i>Rutgers, The State University (Facilitators)</i> | 12 individuals participated |
| Domestic Violence Awareness Workshop | 21 individuals participated |
| Mental Health Therapy Sessions <i>Professional Counseling Development Center (Facilitators)</i> | 21 individuals participated |
| FREE Health Screenings/Vaccinations | 131 individuals participated |
| Total: 377 individuals served | |

2022 ANNUAL REPORT

This fiscal year the John O. Wilson Center received:

- In Federal & Foundation Grants – \$164,756 (2020 #'s - \$125,927 [Agrees with F/S])
- In Individual Donations – \$10,545 (2020 #'s - \$8,715 [Agrees with F/S])

| | Amount | Percentage |
|-----------------------|------------|------------|
| Grants | \$ 342,680 | 68% |
| Program Revenue | \$ 17,624 | 3% |
| Contributions | \$ 4,623 | 1% |
| Fundraising | \$ 3,343 | 1 % |
| In-kind Contributions | \$ 102,793 | 21% |
| Rental Income | \$ 28,778 | 6% |
| Other Revenue | \$ 943 | - |
| Interest Income | \$ 127 | - |

| | | |
|--------------|-------------------|-------------|
| Total | \$ 500,911 | 100% |
|--------------|-------------------|-------------|

Expenditures

| | Amount | Percentage |
|----------------------|------------|------------|
| Program Services | \$ 398,882 | 74% |
| Management & General | \$ 142,480 | 26% |
| Fundraising | \$ 650 | - |

| | | |
|--------------|-------------------|-------------|
| Total | \$ 542,012 | 100% |
|--------------|-------------------|-------------|

| | |
|---|--------------------|
| Excess (deficiency) of Revenue over Expenses | \$ (41,101) |
|---|--------------------|

| | |
|-------------------------------|-------------------|
| Net Assets – Beginning | \$ 175,932 |
|-------------------------------|-------------------|

| | |
|---------------------------------|-------------------|
| Net Assets – End of Year | \$ 134,831 |
|---------------------------------|-------------------|

Donor List

1st Sargent Retired-FW Post 3525

Aaron Lodge #9

Assemblyman Daniel Benson

Assemblyman Wayne DeAngelo

Barbara Hairston

Betty Patterson

Desiree Townes

Donna Schulz

Election Fund of Papero for Council

Excellence Through Education

Friends of Anthony Carabelli, Jr.

Friends of Nancy Phillips for Hamilton Council

Gloria Stephens

Hamilton Councilman Charles Whalen

Hamilton West High School

Helen Siswein

Ingrid De Leon

Judy Kowalczyk

Knights of Columbus #6213

Laurethea Kidd

Linda King

Louis C. Samuels

Maggie

Miss Barbara's Schoolhouse

Mittie White

Pasquale V. & Stacey L. Papero

Pauline Toth

Princeton Church of Christ

Richard and Elizabeth Caran

Rob and Joy

Robert Sturche

Rosemary Dudich

The Baha'i Community of Hamilton

The Weber Family

United Way of Greater Mercer County

Viola Dixon

Women Who Move Mercer, Inc.

THANK YOU

donors

OUR PARTNERS



Public Health
Prevent. Promote. Protect.



LEADERSHIP

STAFF

Laurethea Kidd, MPA, Executive Director

Peter Damiri, Director of Programs and Services

Tiffany Britton, Case Manager

Martha Glenn, Administrative Assistant

Shanice Union, Administrative Assistant

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Mittie White

Nancy Phillips

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