

# OUR VOLUNTEERS ARE PRICELESS



The Walgreens Team constructs new raised garden beds at Daily Bread

**NUMBER of VOLUNTEERS**  
121

**VOLUNTEER HOURS**  
7,791

**VOLUNTEER HOUR VALUE**  
\$227,029.74

**IN-KIND DONATIONS**  
\$251,466.93

## President's Message

*Helping families and individuals towards self-sufficiency*

IHSP has seen many changes over the years. We were created to provide services to families dealing with emergency situations... layoffs, sickness, cut backs, unemployment, and other life changing circumstances. They were temporary situations of economic crisis and families just needed help to get back on their feet.

However, we find that we have increasingly become a supplemental service. We see more and more families who cobble together a living with multiple, part-time, minimum wage jobs. These families struggle to make ends meet and live paycheck to paycheck, with no safety net for that unexpected mishap like a repair for the car they need to stay employed. Once behind, it is very difficult to catch up, never mind get ahead. In this situation, many turn to IHSP for assistance. Whether it is groceries, clothing, diapers, emergency housing and energy assistance, Thanksgiving Baskets, guidance, advice or a caring smile, IHSP is committed to their mission.

This transition from emergency support to supplemental is simply not sustainable. We must help these individuals and families work towards self-sufficiency. Emergency response is not enough. Education and job opportunities are the answer. In response, IHSP has created new programming, in partnership with Quinnaburg Valley Community College, to help our clients pursue educational opportunities and secure employment with a living wage. IHSP still provides those emergency services every day, but along with that we also provide our clients with the tools they need to achieve economic security and self-sufficiency.

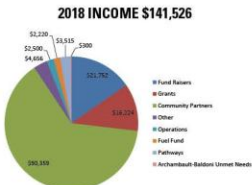
*Karen Osbrey*

## OUR FINANCIAL



**2018 EXPENSES**

Daily Bread Food Pantry	\$66,317
Diaper Bank of NECT	\$22,293
Fuel Fund	\$6,142
Homeless Prevention/Support	\$10,053
Operations	\$18,138
Other	\$1,597
NWZU	\$9,720
Fund Raising	\$2,275
Pathways	\$3,362
Archambault-Baldoni Unmet Needs	\$300
Staff-00	\$0



**2018 INCOME**

Fund Raisers	\$62,752
Grants	\$16,224
Community Partners	\$30,359
Other	\$4,656
Operations	\$2,500
Fuel Fund	\$2,220
Pathways	\$3,515
Archambault-Baldoni Unmet Needs	\$300

## OUR MISSION

Interfaith Human Services of Putnam REACHES out to Restore lives through Education and Empowerment of individuals, to Actively respond to the needs in our Community, to be Compassionate towards others, and to Help those around us who are in need or in transition by sponsoring, funding and facilitating programs and projects that address these needs in Northeastern Connecticut.

# 2018 Annual Report

## OUR DIRECTORS

- Karen Osbrey, President
- Lori Wajer, Vice President
- Emily Barnes, Secretary
- Ann Kathi Peterson, Treasurer
- Shawn Johnston, Immediate Past President
- Lysa Molnar, Volunteer Coordinator
- Helen Ferland, Diaper Bank Coordinator
- Debby King
- Holly Ann Gilbert
- Eileen Piotroski
- Marge Guerin
- Patricia Harrington
- Lisa Mazzola
- Sister Eleanor Baldoni

## Interfaith Human Services of Putnam

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# IHSP



## Interfaith Human Services of Putnam

An All Volunteer Organization.

## FROM OUR PRESIDENT

## INVESTING IN THE FUTURE

## Pathways 2 Success

In 2018, with the help of a grant from the Community Foundation Northeast Area Women and Girls Fund, IHSP added a new program called Pathways 2 Success, a joint partnership with Quinnaburg Valley Community College, designed to help women better their economic situation by increasing their earning potential and their ability to contribute towards or support their family's economic welfare.

Pathways 2 Success focuses on short term certificate programs offered at QVCC, allowing women to earn a certificate in a relatively short period of time. Most of these certificate programs are designed to lead to immediate employment or further education. For instance, a Pathways participant can earn a Certified Nursing Assistant certificate in just 3 months. CNA's are in high demand and employment opportunities are many. Most start at \$5 over minimum wage and offer full-time employment. This can be a game-changer for a minimum wage household. This can also allow participants to earn a living wage while pursuing a higher goal, such as moving forward to become a Registered Nurse.

Besides financial assistance, each participant is assigned a Pathways Partner that works as a coach, mentor and friend, offering encouragement, advice and help to ensure that each participant is successful in their life journey.



## ELIMINATING DIAPER NEED

## Diaper Bank of NECT

The Diaper Bank has been operational for 9 years meeting diaper needs of families living in Windham County with the exception of the Willimantic/Mansfield area. We presently distribute over 110,000 diapers to more than 400 children through locations in Putnam, Thompson, Killingly, Plainfield, Brooklyn and Ashford.

Did you know that\*\*

- 1 in 3 families lack a sufficient supply of diapers to keep a baby clean, dry and healthy.
- Clean diapers help prevent medical expenses.
- Many families receiving diapers work.
- Clean diapers enable parents to maintain employment, complete their education and improve the health and well-being of their children.
- Providing families with a package of diapers each month stretches their financial resources so they can meet other family needs
- Infants use 10-12 diapers per day.
- The Diaper Bank is supported financially by grants from The Norwich Diocese of the Roman Catholic Church, The Jewett City Savings Bank, the Daughters of Isabella, Our Guest Bartender's Night and Community Diaper Challenge.

\*\*Source: Carstensen, F., Gunther, P. (2018) Better Health for Children and Increased Opportunities for Families: the Social and Economic Impacts of The Diaper Bank of Connecticut, New Haven, CT: The Diaper Bank of Connecticut



Member of  
**National Diaper Bank Network**

## REDUCING FOOD WASTE

## Nourishing Neighbors

**FOOD.** We all love to eat it! But a lot of good, nutritious, edible food is thrown away.

The IHSP Food Recovery Program, Nourishing Neighbors, started with a movie.....

Back in 2015, IHSP was exposed to the Canadian documentary "Just Eat It: A Food Waste Story". Since the credits rolled, IHSP embarked on a journey of "food recovery" for our Daily Bread Food Pantry Clients. Over the past years with the help of Feeding America and Connecticut Food Bank, we have fostered more and more relationships with local supermarkets, retailers, convenience stores, local farmers, and home gardeners to reduce food waste.

In 2018, thanks to our many partners, we were able to "rescue" **98,950 pounds** of fruits and vegetables, grocery items, meat, dairy, baked goods, pre-packaged to go foods, toiletries and more. This allows us to offer more healthy food choices to our clients, expose our clients to new and different foods, reduce strains on household food budgets and reduce food waste for our planet.

Did you know that?

- Americans throw away approximately 133 billion pounds of food yearly.
- Food waste is a leading contributor to climate change.
- A third of the food we grow does not make it from farm or factory to fork.
- Farmers and producers use around 25% of America's fresh water to produce food that nobody eats

You can help reduce food waste by:

- Buying only what you will eat
- Store and eat leftovers
- Buy fruits & vegetables that have blemishes
- Understand what sell by, best by and use by dates mean
- Try growing your own vegetables in a pot or two