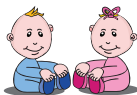


# 2021 Annual Report



# IHSP

**Interfaith Human  
Services of Putnam  
An All Volunteer Organization.**



# PRESIDENT'S MESSAGE



*“To find the silver lining in your challenges, you must shift your perspective.”*

*~ Unknown*

As more people were vaccinated and boosted in 2021 and we began to move toward a new normal, we still faced many challenges due to the pandemic. But we discovered that if we shifted our perspective, there was a “silver lining” within those challenges. When we adopted new procedures for serving clients by appointment only, we realized that a large reception area was no longer necessary. We wanted to adopt the “SWAP” nutrition program and provide more gluten free, low sodium and low sugar choices, but that meant we needed to redesign our food storage area. Our refrigeration needed to be upgraded. We had an old kitchen area that didn’t serve our needs and we wanted to add new services such as incontinence and period supplies. We were Covid weary and barely getting through day to day procedures, but then we changed our perspective and a “silver lining” presented itself. We used the opportunity to redesign, remodel and refresh our space, giving us that much needed storage, upgraded refrigeration, new “nutrition” program and those added services. But the greatest “silver lining” was the effect those changes had on those we serve. The new space is more welcoming and professional. It gives our clients a sense of dignity and worthiness.

None of this would have been possible without the support we received from all corners of our community...municipal, corporations, small businesses and individuals, schools, scouts and youth groups, social, civic and religious organizations, law enforcement, postal workers, first responders, veterans, and so many more “silver linings.”

*Karen Osbrey*

# NOURISHING NEIGHBORS



## FIGHTING FOOD INSECURITY/ SUPPORTING WELLNESS at PANTRIES

Our mission is not just to “fill bellies” but to provide nutritious,

well-balanced meals. Helping people eat healthier led to our Nourishing Neighbors Program. Through a variety of actions we have been able to help our guests make small shifts in their daily eating habits in order to improve their long term health. Instead of pre-packing groceries, we switched to a “client choice” food pantry. This provided our guests with the dignity and responsibility to choose the foods they like and know how to prepare. We added a coupon program that allowed them to shop at Putnam Supermarket for 100 percent fruit juice, fresh or frozen fruits and vegetables, and fresh, dairy products such as milk, eggs, cheese and yogurt. In the summer, guests can opt to use coupons for locally grown products at the Putnam Farmer’s Market. Because all vegetable soups are not created equal, we implemented the CTFoodshare SWAP. SWAP (Supporting Wellness at Pantries) is a simple stoplight system of ranking foods nutritionally. We’re not the food police, but SWAP helps our guests make healthier food choices without reading cumbersome labels. We have increased our purchasing of special dietary items, consistently work to improve the nutritional value of foods that we offer and even have a small vegetable garden on the premises. But we’re not done yet.

adopt healthy food choices and habits.

According to Sward, “I’m thrilled to have the opportunity to partner with IHSP. The work that Daily Bread does in the community is tremendous, and this partnership will only further the good they do. Daily Bread’s partnership will help our cancer patients access fresh produce, as well as provide purchasing opportunities for Caitlyn’s Cupboard.”



“Food insecurity is a pressing issue in our community and impacts the health and well-being of many, especially those with chronic health conditions,” said Kyle Kramer, chief executive officer, Day Kimball Healthcare. “At DKH, our goal is ensuring that patients don’t have to choose between paying for their medications and treatment and buying groceries for themselves and their family. Our partnership with IHSP helps eliminate some of those difficult choices for our patients and demonstrates the critical role that local food pantries and healthcare providers can play in improving outcomes for the most vulnerable in our community.”

## PUTNAM STUDENTS “EAT A RAINBOW”.

In celebration of National Nutrition Month the students at the Putnam Family Resource Center participated in an Eat A Rainbow Event where they taste tested peppers in multi-colors, sizes and shapes. Besides the tasting, they also talked about different vegetables that have seeds and how to grow them. To understand how raw vegetables can be turned in to something else to eat, parents were provided with a bag of basic ingredients, along with IHSP-Daily Bread veggie/dairy coupons to purchase perishable ingredients to make a Vegetable Fritter at home. The fritters contained peppers, zucchini, carrots and corn. Budding Chef Angus made his Veggie Fritters and his mom shared this awesome picture. To help grow their minds, the take home bags also included a book on Seeds. This nutrition event was funded from a Dunkin’ Joy In Childhood Foundation Grant.



## FIGHTING FOOD INSECURITY/ NUTRITION TOGETHER

Our partnership with Caitlyn’s Cupboard from the DKH Oncology/ Hematology Dept has been a positive connection. Caitlyn Sward, Registered Dietitian and Nutritionist, offers guidance on the nutritional aspect of the foods we provide as well as healthy recipes and important dietary information for our guests to further increase their capacity to

# The Areas We Serve

## Daily Bread Food Pantry

- Putnam
- Pomfret
- Woodstock
- Eastford



## Diaper Bank of NECT

- All of Windham County with the exception of the Willimantic/Mansfield area

## NU2U Clothing Closet

- Anyone, Regardless of Residency

## Pathways 2 Success

- Anyone, Regardless of Residency

## Fuel Assistance

- Putnam Residents Only

## Homelessness/Rental Assistance

- Putnam Residents Only

## Senior Resources

- Putnam Residents Only

# Thanksgiving!

A time to gather with family and/or friends to give thanks for the Fall harvest and the many blessings received throughout the year. With monetary donations from the Putnam Business Association's Annual Turkey and Fixings Drive, WIN Waste Innovations, Putnam Ford and many individuals and businesses, plus food donations from places like the Broken Crust, the State and local Police Handcuff Hunger Food Drive, we are able to provide food baskets and gift cards to more than 250 families and individuals.





# WOMEN HELPING WOMEN



When Women & Girls Fund member, Laura Moorehead called Body By Design to ask for their help collecting much needed items for the IHSP Diaper Bank of NECT, they knew they had to participate! Various events were held throughout the month of May by Body By Design and the Women & Girls Fund of NECT. The end result was a truckload of diapers, wipes, feminine hygiene and period supply products and women's adult care underwear plus \$1,500 to purchase additional supplies as needed.

According to Sarah, BBD Owner, "The people that come to Body By Design are so generous. I'm so incredibly blessed to be able to be the "leader" of this group. I'm feeling so grateful for my studio community and how we were able to make such an impact".

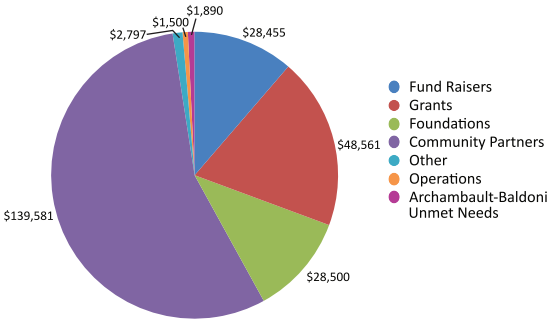


And there was more. Christine and Greg Kafalas concocted a sweet idea to help support the IHSP Diaper Bank of NECT. With a bumper crop of delicious maple syrup, they decided to give away their excess

maple syrup in exchange for a case of diapers for the Diaper Bank. They delivered 54 cases of diapers (7641 diapers). Christine is a member of the Northeast Connecticut Women & Girls Fund and this was just one of many fundraising activities planned by this energetic, generous group of women.

# OUR FINANCIAL

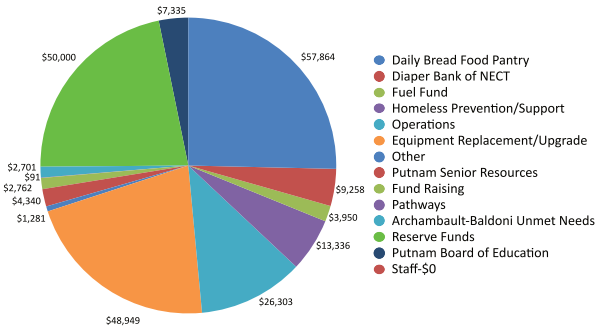
## 2021 INCOME \$251,284



### 2021 INCOME

Fund Raisers .....	\$28,455
Grants.....	\$48,561
Foundations.....	\$28,500
Community Partners .....	\$139,581
Other.....	\$2,797
Operations.....	\$1,500
Archambault-Baldoni Unmet Needs .....	\$1,890

## 2021 EXPENSES \$228,170



### 2021 EXPENSES

Daily Bread Food Pantry .....	\$57,864
Diaper Bank of NECT.....	\$9,258
Fuel Fund .....	\$3,950
Homeless Prevention/Support.....	\$13,336
Operations.....	\$26,303
Equipment Replacement/Upgrade .....	\$48,949
Other.....	\$1,281
Putnam Senior Resources.....	\$4,340
Fund Raising.....	\$2,762
Pathways.....	\$91
Archambault-Baldoni Unmet Needs .....	\$2,701
Reserve Funds .....	\$50,000
Putnam Board of Education .....	\$7,335
Staff-\$0.....	\$0

# 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.

## OUR DIRECTORS

Karen Osbrey, President

Lori Wajer, Vice President

Ann Kathi Peterson, Secretary/Treasurer

Shawn Johnston, Immediate Past  
President

Helen Ferland, Diaper Bank Coordinator

Gary St. Jean, Volunteer Coordinator

Emily Barnes

Debby King

Holly Ann Gilbert

Eileen Piotroski

Marge Guerin

Patricia Harrington

Bill Guillot

Patricia Faucher

Krista Cote

### **Interfaith Human Services of Putnam**

501c3 Non Profit Charitable Organization

51-53 Grove St, Putnam, CT 06260

Mailing Address:

P O Box 281, Putnam, CT 06260

Phone: 860-928-0169

Fax: 860-963-7602

Email: [ihspputnam2005@gmail.com](mailto:ihspputnam2005@gmail.com)

Learn about us on [www.ihspputnam.org](http://www.ihspputnam.org) or

At [Facebook.com/putnamdailybread](https://www.facebook.com/putnamdailybread)