



## IHSP GARDEN OF GIVERS

Our most valuable asset is our people. With no paid staff, no Federal or State funding, we rely on our volunteers, donors and partnerships within the community to provide the much-needed services offered by IHSP.

Some of our partners give of their time, talents, treasures, or all 3. Some of our partners volunteer for just a few hours a month while others are there every other day. Some of our partners give ten dollars and others give thousands. All are part of our Garden of Givers. Without their generosity, dedication, kindness and selfless concern for the well-being of others, IHSP would not be able to accomplish all that it does on a day to day basis.

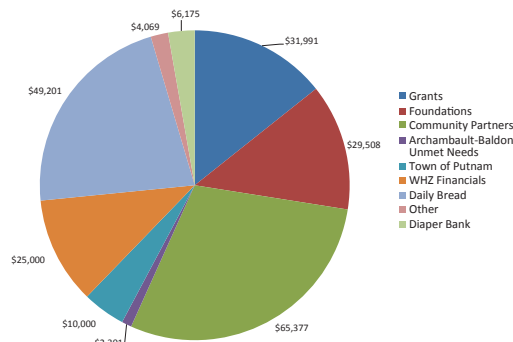
In 2024, IHSP served more than 15,000 individuals by providing groceries, toiletries, household items, diapers, baby wipes, potty training kits, baby food and formula, period supplies, adult incontinence products, clothing, blankets, bedding, tents, sleeping bags, tarps, emergency fuel and rental assistance, a listening ear, moral support and encouragement.

- 65% of our income was used for our Nourishing Neighbors Coupon Program and the purchase of food from CTFoodshare, Putnam Supermarket and Dollar Tree. It included food support for our Weekend Buddy Bag Program with the Putnam Family Resource Center, Putnam School Snacks, Putnam Recreation Summer Camp, Putnam Summer Feeding Program, and the YMCA Camp Cutler and our Homeless Food Bags.
- 10% was used for diaper purchases to keep children in NECT clean and dry.
- 13% was spent caring for the needs of families/individuals, for rent, utilities, fuel, homeless supplies, like tents, sleeping bags, and bus passes.
- 11% was used for operational expenses.

Our partners help us so we can help others. To each and every person or organization that supported us, we thank you, value you and are truly grateful that you are part of the IHSP Garden of Givers.

## OUR FINANCIALS

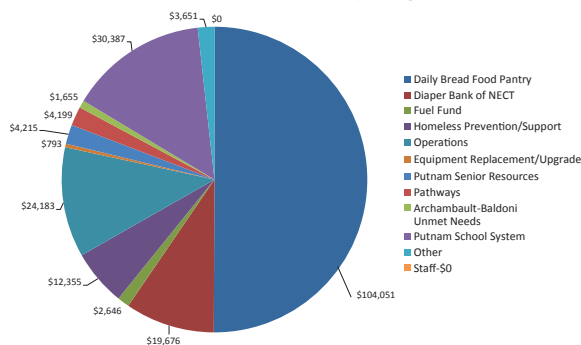
### 2024 INCOME \$223,622



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Grants.....	\$31,991
Foundations.....	\$29,508
Community Partners.....	\$65,377
Archambault-Baldoni Unmet Needs.....	\$2,301
Town of Putnam.....	\$10,000
WHZ Financials.....	\$25,000
Daily Bread.....	\$49,201
Other.....	\$4,069
Diaper Bank.....	\$6,175

### 2024 EXPENSES \$207,811



### 2024 EXPENSES

Daily Bread Food Pantry.....	\$104,051
Diaper Bank of NECT.....	\$19,676
Fuel Fund.....	\$2,646
Homeless Prevention/Support.....	\$12,355
Operations.....	\$24,183
Equipment Replacement/Upgrade.....	\$793
Putnam Senior Resources.....	\$4,215
Pathways.....	\$4,199
Archambault-Baldoni Unmet Needs.....	\$1,655
Putnam School System.....	\$30,387
Other.....	\$3,651
Staff.....	\$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 Carminati, Vice-President
- Ann Kathi Peterson, Treasurer
- Jaclyn Thurlow, Secretary
- Shawn Johnston, Past President
- Marge Guerin
- Holly Ann Gilbert
- Patricia Harrington
- Eileen Piotroski
- Emily Barnes
- Bill Guillot
- Paul Pikora
- Peter Battye
- Cheryl Guillot

## Interfaith Human Services of Putnam

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 Learn about us on [www.ihspputnam.org](http://www.ihspputnam.org) or  
 At [Facebook.com/putnamdailybread](https://www.facebook.com/putnamdailybread)

## 2024 Annual Report



# IHSP



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

## President's Message

### Supporting Our Friends & Neighbors...

It's not easy to walk into our doors or make that first phone call for support. But food insecurity and economic hardship can happen to anyone, at any time. It can be the loss of a job, an illness, a death or accident, or a seemingly simple unexpected expense like car repairs. At IHSP, we offer a sympathetic ear and a helping hand. We treat everyone with respect and dignity and strive to help them to get back on their feet.

Many of our clients are on fixed or low incomes and the rising cost of housing, energy rates, groceries, childcare, and pretty much all living expenses, has caused a significant increase in requests for our services. IHSP works on a very tight budget and we try to stretch every dollar. We are very proud to say that we are still a 100 percent volunteer organization and 88% of our income goes to direct client services such as food, diapers, homeless supplies, energy and housing assistance, clothing, and toiletries. In 2024 we purchased more food and diapers than ever before and we added more service hours and volunteers to accommodate the growing need.

When those in need of assistance turn to us, we turn to our community for support. We rely on your generosity to keep our doors open and provide support for our friends and neighbors.

Thank you,

Karen Osbrey, IHSP President

INVESTING IN HEALTH AND WELLNESS

## Daily Bread Food Pantry

According to Feeding America, food insecurity is when people can't access the food they need for an active, healthy life due to limited financial resources. It can happen to anyone. People facing hunger struggle with high living costs, expensive housing, unemployment, low-wage jobs, healthcare, transportation and other basic needs.



Good Health, Proper Nutrition and Hunger go hand in hand. Not having enough nutritious food can have serious consequences on people's health and well-being. Feeding people who are hungry is more than simply providing food. It's about providing wellness, nourishment and strength.

Meeting the needs of food insecure families/individuals by supplementing their dietary needs with nutritious, healthy food is one of the foci of the Daily Bread Food Pantry. At Daily Bread we invest in the health and wellness of our guests by ensuring they have access to nutritious, healthy foods including proteins, starches, fresh and canned fruits and vegetables. Local farms and stores support this initiative by donating fresh produce weekly allowing our guests to have a wide selection of the foods their families need. Foods in our pantry are sorted based on nutritional value. This helps our guests learn what foods are healthy and which are not. It's a way we can help our guests make a small shift in their daily eating habits in order to improve their long term health.

Helping people eat healthier is a focus of our Nourishing Neighbors Program. We provide our guests with coupons allowing them the choice of purchasing fresh/frozen vegetables and fruit, dairy and juice at a local supermarket. From June-September we also offer the option of using coupons at the local Farmer's Market.

Our partnership with the Day Kimball Hospital Dietary/Nutrition Dept., enhances our investment. 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 adopt healthy food choices and habits.

According to Everyday Power, "Maintaining a healthy diet is one of the best choices we can make. It provides the necessary nutrients that our bodies need, and helps prevent future diseases such as diabetes and cancer."

INVESTING IN OUR CHILDREN

## Diaper Bank of NECT

The IHSP-Diaper Bank of NECT invests in children in the NECT community by assisting parents with diapers and wipes, as well as connecting them with other local resources that they may need during their child's formative years.

### Why Diapers?

- Diapers are a basic necessity all children need and are as essential as food, shelter and clothing. Nobody likes a wet bottom, especially a child. Yet, 1 in 2 families lack a sufficient supply of diapers to keep a baby clean, dry and healthy. According to the National Diaper Bank Network, most families are short about 50 diapers a month.
- Without clean diapers, babies and toddlers are exposed to potential health risks, such as diaper rashes and urinary tract infections.
- Diapers are economic security. 1 in 4 parents have to miss work or school because they can't afford diapers. Clean diapers enable parents to maintain employment and complete their education.
- Without diapers, babies and children cannot participate in Early Childhood Education or Childcare. Not every program provides diapers.
- WIC and SNAP benefits can't be used for the purchase of diapers.

Each month the Diaper Bank distributes more than 9,500 diapers and wipes to children under the age of four. Children with special needs, beyond the age of four, also receive diapers. We offer premie through size 8 diapers as well as toddler pull ups.

The Diaper Bank provides Potty Training Kits and Period Supplies stretching the financial resources of the family so they can meet other family needs.

10% of our income is used to purchase diapers, wipes and potty training supplies. Donations compliment our diaper offerings. A donation of storage space by Superior Storage in North Grosvenordale increases the Diaper Bank purchasing power. We are able to order bulk quantities of diapers at a lower price than retail.

INVESTING IN OUR COMMUNITY

## Community Support

Community is Family. Investing In Our Community is about caring for families/individuals that live there. That's part of the IHSP vision. With an eye on community needs, we use our time, a listening ear and our financial resources in whatever way we can to meet whatever needs our families encounter.

### How are we doing this?

Our **Pathways 2 Success Program** is two-fold. We help individuals improve their economic situation by providing short term certificate education support through our local community college. We also support working families who need financial assistance so their children can attend the Town of Putnam After School Program (PASS) or Summer Camp. Scholarships are designed to provide a safe, nurturing childcare alternative so working parents don't have to choose between daycare and gainful employment.

As **Putnam's Municipal Agent for the Elderly and Disabled**, we offer assistance with food, fuel, paperwork, housing and referral to other services.

Our **Supplemental Fuel Assistance Program** provides help when the CT Energy Assistance and/or Operation Fuel are not available.

Our **Housing Assistance Program** helps to keep individuals and families from becoming homeless by providing financial support for rent. For individuals who are unstably housed or living outside we are able to provide clothing, food, personal care items, sleeping bags, tents and other supplies.

13% of our income goes to help seniors and people with disabilities, keeping people housed and supporting others who are unstably housed, keeping people warm and providing economic stability for individuals. This is what Community is all about. Caring for families/individuals.