

Founded in 1972, FISH originally provided free transportation to patients, particularly cancer patients, to their appointments. Today, FISH NWCT has evolved into the area's largest emergency homeless shelter (35 beds) and free food pantry. The programs and social services at FISH/Friends in Service to Humanity of NWCT are critical to some for their survival and well-being.

Outline of current programs provided by FISH NWCT, where we always seem to be at full throttle, aided by the generosity of donors:

Shelter for families, veterans and individuals (35 beds, 5 of which are designated for vets) which last year had 13,245 bed nights used, and of the 147 residents, we helped find permanent housing for 75 people. As this goes to press, FISH has 5 children seeking shelter, which includes a baby born into the Shelter. Our school age children are enrolled in local schools. And do know that we have high behavioral expectations in our shelter to keep our residents safe and secure as they await housing. Our diversity is age - infants to seniors. We provide breakfast and dinner to the shelter residents.

Case Management - what makes FISH extra special is that we have two Case Managers dedicated to overseeing the resources, medical and mental health needs, employment opportunities, and housing possibilities to lead to one's independent, stable living future.

Food Pantry - FISH distributed enough food to provide 108,439 meals to 522 area families/1753 individuals in need last year. The FISH Food Pantry depends on the generosity of the community for contributions. Donors please know that frozen and refrigerated foods are now accepted - thanks to our walk-in freezer and walk-in cooler!

GED training programs on site are offered to shelter residents and neighbors in the community by EdAdvance.

FISH is a satellite office for the area's energy assistance program.

FISH provides both medical and mental health services, on site, to shelter residents. FQHC - Community Health and Wellness is a weekly provider.

FISH makes possible in-house group and family counseling.

Job counseling, resume writing and coaching is made available.

Homeless Outreach - in coordination with other area providers, is routine; as well as our annual awareness event for the community "Rally to End Hunger and Homelessness." *Save the Date, the 4th annual rally is this November 17th.*

"Life for Vets" program - multiple providers work with our Case Managers to assist our shelter's veterans. We are proud to be selected by the VA to serve as a Vets Shelter.

Life Skills workshops - FISH NWCT offers in collaboration with area providers - cooking, nutrition, budgeting, and managing well on one's SNAP food dollars.

Our hope is to have shelter residents participating in the communities that they will be living in once they receive their housing.

Our residents are extremely appreciative and hugs are a reality. All we provide is through the generosity of you donors, and collaborations with numerous organizations and institutions. We are unique in the community that we serve - helping the hungry and the homeless.

Please give Deirdre a call to schedule your "grand tour."



*Thank you for being a friend, advocate and supporter of FISH NWCT...
Deirdre & Steve*



FISH Board of Directors:

- Steven Caruso - President
- Alan Eckstrand - Vice President
- Donna Puzacke - Secretary
- Katharine Briggs - Treasurer
- Deirdre DiCara - Executive Director
- Mark Berns
- Robert Milano
- Christopher Ryan
- Lisa Soliani
- Ken Yancey

FISH Staff:

- Deirdre Houlihan DiCara - Executive Director
- Adam Pitts - Case Manager for Families & Individuals
- Vera Halilaj - Case Manager for Veterans & Individuals
- Robin King - Shelter and Office Manager
- Margaret Franzi - Food Pantry Manager
- Tracy Estremera - Residential Monitor
- Daryl Fleming - Residential Monitor
- Fred Petteway - Residential Monitor
- Linda Royer - Residential Monitor

Please understand we could not manage without the cheerful support of our volunteers, donors and food contributors.

We are the champions for the hungry and the homeless of Northwestern Connecticut, yet know that it takes the generous support of you, our community neighbors, who care to join us in partnering in our humanitarian efforts.

WE NEED YOUR HELP!



MID-YEAR "REPORT CARD"

TO SHARE WITH "FRIENDS OF FISH" - AUGUST 2018

FISH/Friends in Service to Humanity of Northwestern Connecticut
332 South Main Street, Torrington, CT 06790 (860) 482-7300
www.fishnwct.org | facebook.com/fishnwct

We at FISH/Friends in Service to Humanity of NWCT recognize that you, and your generosity, make it possible for us to focus on our mission of providing the most basic of human needs - food, shelter and hope at the FISH Food Pantry and FISH Homeless Shelter.

We are the champions for the hungry and the homeless of NWCT.

Amazing things happen daily under our roof at FISH NWCT, which we share in this mid-year "report card" 2017 - 2018.

FISH NWCT is dependent on the generosity of donors, and with recent concerns of governmental budget cuts and SNAP dollars, we are critically challenged to fund our food programs and homeless shelter.

Your help is needed year round - more than ever... to house the homeless, and to purchase food to keep up with the demand needed at the FISH Food Pantry.



Arabelle "raises" food at her Birthday parties.



Caitlyn and Tasha ran a "sock" drive.



CELEBRATING OUR "KID" SUPER HEROES!

Olivia requested her Bat Mitzvah gifts be monetary donations to FISH.

We can all take a lesson from our next generation of philanthropists!

Every year we grow more inspired, impressed and delighted with our area children as role models, showing us how one individual with a great idea and motivation can positively change and impact lives for the better. We at FISH NWCT are so very grateful to those individuals; student, camp and church groups; Scouting troops; and families who give their time, energy, and financial support and resources to help others.