

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 speed, 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 147 residents, we helped find permanent housing for 75 people. This past year 2017, FISH had 9 children seeking shelter, which included a baby born into the shelter. Our school age children are enrolled in local schools, and in the summer attend camp programs. 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/or 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 new walk-in cooler!

GED and computer training programs are offered onsite to shelter residents and neighbors in the community by EdAdvance, with our new semester beginning in January.

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 Day to End Hunger and Homelessness" in November.

"Life for Vets" program - multiple providers work with our Case Managers to assist our shelter's veterans.

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

*Heartfelt thanks 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
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FISH Staff:

Deirdre Houlihan DiCara - Executive Director
 Earl Gibson - 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
 Jeremy Nelson - Residential Monitor
 Fred Petteway - 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.



ANNUAL YEAR-END "REPORT CARD"

TO SHARE WITH "FRIENDS OF FISH" - DECEMBER 2017

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

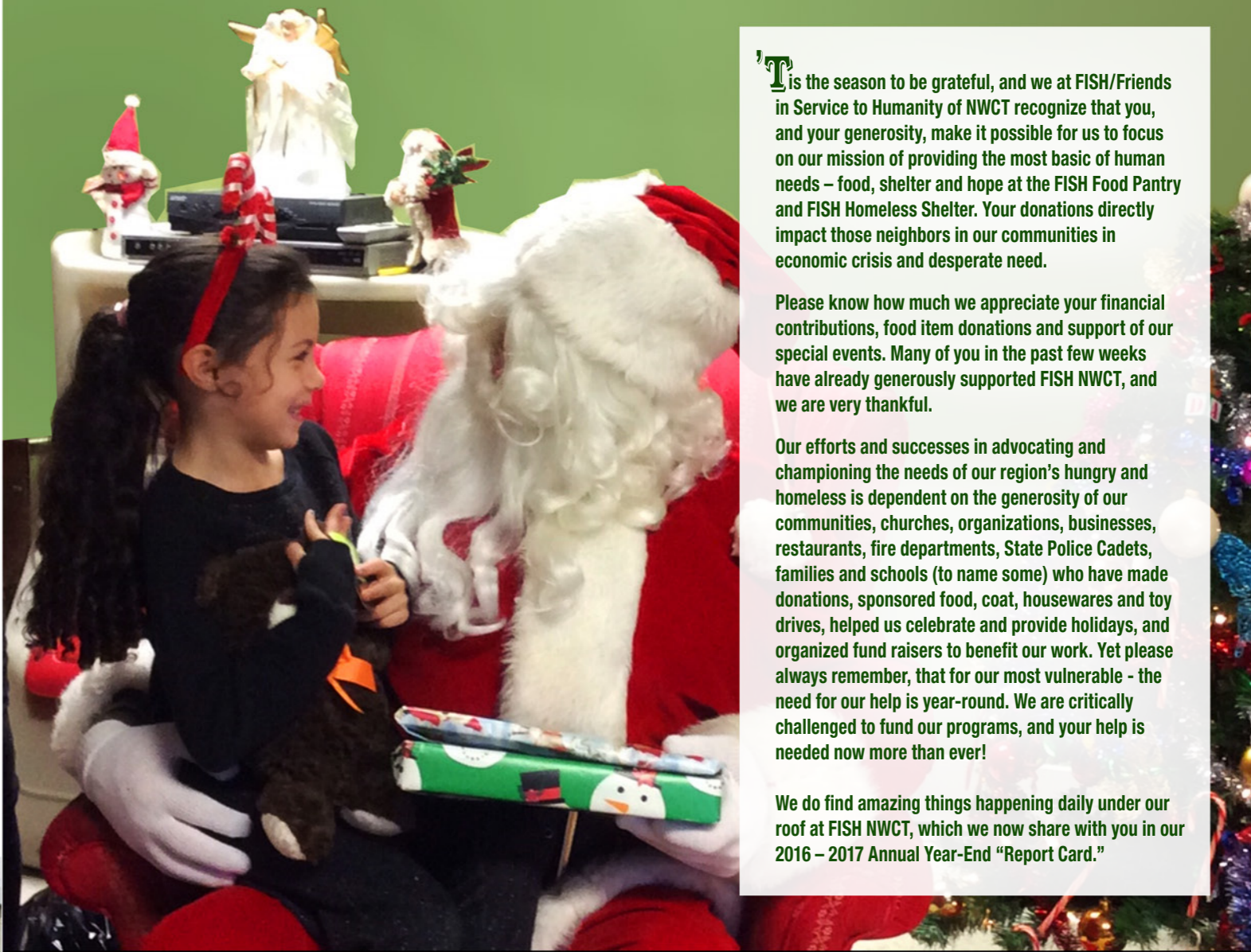
*"Providing the most basic of human needs...
 food, shelter & hope"*

Tis the season to be grateful, and 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. Your donations directly impact those neighbors in our communities in economic crisis and desperate need.

Please know how much we appreciate your financial contributions, food item donations and support of our special events. Many of you in the past few weeks have already generously supported FISH NWCT, and we are very thankful.

Our efforts and successes in advocating and championing the needs of our region's hungry and homeless is dependent on the generosity of our communities, churches, organizations, businesses, restaurants, fire departments, State Police Cadets, families and schools (to name some) who have made donations, sponsored food, coat, housewares and toy drives, helped us celebrate and provide holidays, and organized fund raisers to benefit our work. Yet please always remember, that for our most vulnerable - the need for our help is year-round. We are critically challenged to fund our programs, and your help is needed now more than ever!

We do find amazing things happening daily under our roof at FISH NWCT, which we now share with you in our 2016 - 2017 Annual Year-End "Report Card."



At the FISH Shelter, we do our best to provide the magic and wonder of the Christmas season for our children. At last year's "Cocoa and Cookies" Party, there was not a dry eye in the house, when a 6 year old ran across the room when Santa entered and threw herself into his arms saying, "I knew you were real." It was a "Miracle on 34th Street" moment that every child deserves.