

Hands On Hartford, in partnership with others, strengthens community in Hartford by responding faithfully to people in need through programs that change lives and renew human possibility.

MARK YOUR CALENDARS AND SPREAD THE WORD!



benefitting

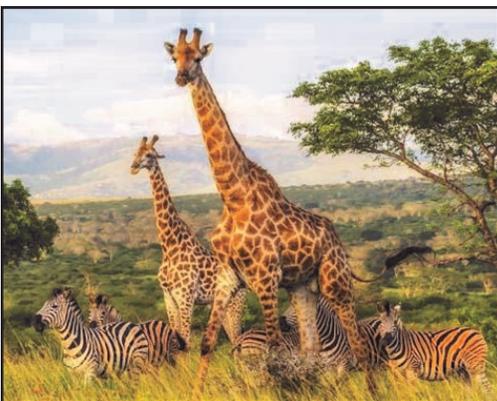
Hands On
Caring in Action | HARTFORD

Weekend Backpack Nutrition Program for kids in need.

5% of the day's net sales from the 3 Greater Hartford stores will be donated to support this great organization!

We're so excited and grateful to Whole Foods Market for sponsoring a 5% day to benefit our weekend Backpack Nutrition program for kids! On September 20, we invite you all to shop at the Whole Foods Markets in West Hartford (either in Bishop's Corner or Blue Back Square/West Hartford Center), or in Glastonbury. To find out more about the Backpack Nutrition Program, visit <http://www.handsonhartford.org/MANNA>.

HARVEST SUPPER



Have you ever wanted to go on an African safari? What about learn to ride a tandem bike? Host a private gourmet dinner for 10 of your closest friends? **Now's your chance**—these are just some of the great auction items that will be available at the 7th annual **Harvest Supper, Thursday, October 5, 6:00-8:30pm.**

Enjoy soup and salad pairings from local chefs, hear a personal story of hope, and participate in a spirited silent and live auction to benefit Hands On Hartford's food and nutrition programs. Tickets are \$75 (\$125 for

those also attending the VIP Reception at 5:30pm).



For more information contact kshafer@handsonhartford.org or visit www.handsonhartford.org/HarvestSupper.

Faith In Action



We had a great 3 days with members of Simsbury United Methodist Church! The group helped paint at Classical Magnet School, did some gardening at the Journalism & Media Academy, and helped with lunch at Hands On Hartford's MANNA Community Meals program. Our Community Engagement team would love to coordinate your next volunteer project or immersion. Contact Wanda Guzman at 860-706-1507 or wguzman@handsonhartford.org.



The Connecticut Council for Interreligious Understanding joined us (once again) at Community Meals, providing dinner and serving 107 guests, during the August heatwave. We are so grateful for their time and generosity! To find out more about CCIU, including their "Can We Talk" multi-faith lunch time conversations, visit their website at www.ccfiu.org.



Welcome to the new AmeriCorps VISTA members of the Hartford Thrive! Project

We're delighted to welcome our newest Hartford Thrive VISTAs! Greg (left) is the new SOAR VISTA at Journey Home, Hartford, Serika is returning to HOH for a second year as a VISTA Leader, and AJ (right) is our new Community Meals VISTA and will also be Co-Coordinator (along with Co-Coordinator Anne Goshdigian) for the Faces of Homelessness Speakers' Bureau.

More news and events

Senior Community Café

It is with great sadness that we announce that we are phasing out our weekend Senior Community Café program in September. This decision arises from an intensive evaluation and planning process, through which we concluded that there is insufficient support to continue the program successfully.

Hands On Hartford has had a long and deep history of caring for seniors in Hartford, starting with the original formation of Center City Churches for Aging in 1967. In 1980, we opened the Weekend Elderly Services Project, which was Hartford's first program to provide weekend meals for seniors. In 2001, the current Senior Community Café commenced operations at Betty Knox Apartments, and was subsequently extended to Smith Tower Apartments.

Over the years, we have provided meals and recreational activities for thousands of seniors in Hartford, establishing connections, assisting with resources and referrals, and building community. We will continue to work with these individuals through our existing Neighborhood Services, MANNA Community and Holiday Meals and MANNA Community Pantry programs to ensure that their needs continue to be met. We extend our gratitude to all of the individuals and groups who have supported this program with both time and inkind and financial resources – you have all made a huge difference to our neighbors, and we hope your support will continue as we serve these and other seniors through our other MANNA programs.



THANK YOU PRUDENTIAL!

Every month, John Gouveia and his colleagues from Prudential Retirement Services collect and donate hundreds of toiletry items for guests at Community Meals. This is an incredible gift for folks who are often homeless and living in shelters, or are stretching what little income they have to use on food and transportation. We are so appreciative of this ongoing support and so grateful to be able to help our guests in this way.

A dozen friends from **AXIS CAPITAL** joined us to donate and pack up school supplies to be distributed through the weekend Backpack Nutrition Program this fall, and take a tour of the Hands On Hartford Center for Community - having fun and doing good! The Backpack Nutrition program provides breakfast, lunch and snacks for Hartford school children on weekends during the school year, when school breakfast and lunch are not available. Many thanks to Axis Capital for their support of this effort.



DOSAC is one of the largest coordinated events in Hartford, bringing together hundreds of people from our community. Attendees battling hunger and homelessness will receive a warm meal, a gift bag with toiletries & clothing items, door prizes, live entertainment, and a chance to connect with local resources.

We invite you to join local nonprofits in sponsoring this day through monetary donations, gifts, and supplies.

To volunteer, to get a copy of our wish list or to find out more, contact Serika Walker, AmeriCorps VISTA Leader, at swalker@handsonhartford.org or 860-706-1512.



If you're looking for a delicious breakfast or lunch, a great cup of coffee, a place to do some work out of the office, or meet with colleagues or friends, come on in to The Café at Fifty-Five here at 55 Bartholomew Avenue.

- Open Tuesday through Friday, 7:30am until 2:30pm.
- Free WiFi, friendly staff, books to borrow, comfortable couches—we have it all!
- If you're in a hurry, call ahead with your order: 860-706-1523.
- We cater—your place or ours! Just give us a call to talk about our menu and get a quote (860-706-1502).
- Check us out on Facebook @TheCafeatFifty-Five

Hands On Hartford Programs

- **MANNA Food Programs:** Community Meals, Community Pantry, and Backpack Nutrition Program
- **HOH Neighborhood Services:** homelessness prevention, Operation Fuel, economic stability and health & nutrition services
- **HOH Housing:** supportive housing services
- **Faces of Homelessness Speakers' Bureau**
- **Community Engagement:** volunteer placement, customized community service projects and immersions.

For information about volunteering and customized service projects, contact Wanda at wguzman@handsonhartford.org, 860-706-1507.

For more information about our programs, financial and in-kind support, contact Kate at kshafer@handsonhartford.org, 860-706-1505.

Volunteers Wanted:

Greet and Check-in Guests at Community Meals. Opportunity is available every Monday evening 5:15-7:00pm. Seeking long term volunteers.

Café at Fifty-Five: Café volunteers needed, Tuesday through Friday, shifts available are 7:30am-11:30am and 11:30am-3:30pm

Kitchen to Pantry: Volunteers needed Mondays 12:30–2:00pm to help chop and package fresh produce for our food pantry. Great opportunity to get kitchen experience for your resume.

Pantry Volunteer: stock shelves and “shop” with clients, Monday-Thursday, 9am-12pm and 1-4pm

Community Meals: 2-3 volunteers needed to serve dinner on the third Monday of each month, from 5:30-7:00pm. Ideally seeking an ongoing commitment.

HOH Gardening Assistance: Help tend and harvest at the Hand On Hartford gardens. Flexible hours.

Contact Wanda Guzman at
wguzman@handsonhartford.org or 860-706-1507.



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Check out Amazon Smile – for all Amazon.com shoppers, start your shopping at smile.amazon.com. Select Hands On Hartford as your charity, and you're off and running! .5% of eligible purchases will go to Hands On Hartford.



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