

Independence Day at Hands On Hartford

What a wonderful 4th of July celebration we enjoyed here at Hands On Hartford! We started the day off with some great patriotic live music performed by **Music Moves Hartford**. A team of 44 volunteers made light work of set-up and serving, along with prepping in the kitchen under the able direction of **Chef Kim**. The meal was absolutely delicious: 170 guests enjoyed double cheeseburgers, potato salad, pasta salad, roasted corn and scrumptious strawberry shortcake. Our good friend **Don Goodman and family** stopped by to donate tons of snacks and drinks, including much-appreciated bottles of cold water.

Thanks to everyone for making the day great!



Corporate Dash for a Difference

Are you looking for a great volunteer opportunity for your business team? Consider the **September 21 Dash for a Difference!** Sponsored by **Prudential** and Hands On Hartford, the Dash is a city-wide competitive event combining community service and learning all about Hartford's rich culture and history! Teams of 10 compete for points and have fun. **Registration deadline August 17.** For more information visit our website or contact Wanda Guzman, wguzman@handsonhartford.org, 860-706-1507.



Fit and Trim Nutrition at Hands On Hartford's Annual Harvest Supper—October 4, 2018

We're thrilled to announce that **Fit and Trim Nutrition**, one of Hands On Hartford's shared kitchen members, will be one of several culinary businesses and chefs donating delicious and healthy food at this year's **Harvest Supper!** Fit and Trim Nutrition takes the guess work out of living a healthy lifestyle by tailoring your meals to your needs and helping you create a healthier lifestyle with locally sourced gourmet meals on the go and personalized coaching plans. Sign up for a membership and enjoy life more, and get FIT and get TRIM. Visit fitandtrimnutrition.com use code **PROMO10** for your 10% your first order.

More information about Harvest Supper food sponsors coming soon!



Faith In Action

We have the honor of partnering with **Emanuel Lutheran Church** through our Neighborhood Services and MANNA Community Pantry. In addition to their generous monthly financial and inkind support, Emanuel Lutheran has provided a special grant to enable us to assist folks referred to us by them. We love this opportunity for so many reasons: a way to reach more of our Hartford neighbors, a way to strengthen our relationship with Emanuel Lutheran as a community partner, and a beautiful connection to our roots as **Center City Churches**. Back in 1969 (nearly 50 years ago!) Emanuel Lutheran was one of the founding congregations which came together to form Center City Churches so as to more effectively serve folks in Hartford most affected by poverty. We are so grateful to see our long-term partnership continuing in this impactful way.



IN THE CITY FOR GOOD

A Story of Hope

Michael and his family came to Hands On Hartford for food, but they left with so much more.

Michael, his wife and their teenage daughter arrived in Hartford from rural Puerto Rico, after their home was devastated by hurricanes. With little more than the clothes on their backs, they spent their first months sleeping on the couches of various cousins in Hartford. Their losses and the move left them stunned, with most of their attention focused on making sure their daughter settled in at her new school.

When he first met with our Neighborhood Services staff, Michael's primary concern was not being a burden on his cousins. He had SNAP benefits, but it wasn't enough to cover his family's needs with little other income to help. Funding from **United Way of Central and Northeastern Connecticut** have supported increased pantry food here, and Michael enrolled in our pantry, which took the immediate stress off the family. Then we started to talk about next steps.

Over the following several months, we helped Michael's wife sign up for a literacy class to set her on the path to obtaining her GED. Michael found a nursing education program, and through our **Melville Charitable Trust** employment opportunity fund, he had the funds to cover transportation and uniform costs so he could attend. They moved into their own apartment after we provided assistance with a security deposit. The family continues to visit the pantry once a month and will be welcome as long as they need help.

The change in this family is remarkable. We have witnessed their journey from exhaustion and anxiety to hope and excitement for the future. With the support of our many donors and partners, we are gratified to have offered a helping hand and a fresh start to Michael's family and so many other families in Hartford.



Tabatha Cosme, ready for her next appointment.



The Neighborhood Services Team: Rosa Santiago, Case Manager/Navigator; Janet Bermudez, Program Manager; Tabatha Cosme, Program Coordinator; and Bianca Almanzar, Program Assistant

We all have our hands on Hartford!



HOH Board Member **Dianna Wallquist** (center) and her team from **Travelers** worked hard preparing kits for our guests at Community Meals, and spice packets for shoppers at the MANNA Community Pantry.



We were pleased to host musician **Sinan Bakir** and a busload of visitors during the annual **Hartford Blooms** tour, featuring jazz (thank you Sinan), art (thanks to the young artists displaying art in our café), and flowers (and veggies) in our gardens here at the Hands On Hartford Center for Community.



Some of delivery #2 of our two+ CSA shares from **Waldingfield Farm** in Washington, Connecticut. We're grateful to the many folks who gave donations to make this possible. Our pantry families are delighted with this fresh, local, organic produce!



Generous families from **City Church** joined us to complete our **Sprouts for Kids** project—decorated pots, soil and herb seeds so that children in our Backpack Nutrition Program can grow their own herbs this summer.



Our friends from the local chapter of the **P.E.O. Sisterhood** created a much-loved Book Nook in our pantry and donated hundreds of books to keep kids reading over the summer.



Just a few of the 40 employees from **Berkshire Bank** who joined us for a day of service all across Hartford. Here they are painting at **Breakthrough Magnet School**.

Does your employer have a matching gifts program?

Many employers match financial donations to charitable organizations like Hands On Hartford, or make gifts to match volunteer hours. You may be able to double the impact of your gift! Questions? Contact Kate at kshafer@handsonhartford.org or 860-706-1505.



The **Café at Fifty-Five** is open Tuesday-Friday, 7:30am-2:30pm, here at 55 Bartholomew Avenue in Hartford.

Caterers Who Care provides on-site and off-site catering, including a broad selection of breakfast, lunch, dinner and snack items with an emphasis on our ability to customize our selections to fit groups from a handful to hundreds, and accommodate your budget. **Check out our new catering menu at our website!**

Our **Community Kitchen** also operates as a shared use kitchen, where members may use the kitchen and all of its equipment on an hourly basis—ideal for small culinary businesses and start-ups.

The Café, Caterers Who Care and Shared Use Kitchen all support Hands On Hartford direct service programs.

For more information contact Molly Reynolds at 860-706-1537 or mreynolds@handsonhartford.org.



Are you an online shopper?

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.

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.