

CRT Nutrition Customers Provide Testimony

CRT nutrition customers gave voice to the millions of senior citizens who struggle to get adequate nutrition every day by testifying for reauthorization of the Older Americans Act in early February. Seven customers of CRT Meals on Wheels and congregate dining sites shared their stories in videotaped interviews, which were later shown at a regional listening forum for OAA reauthorization at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University in Boston. The OAA provides much of the funding for senior nutrition programs.



Stefanie Belding, CRT Assistant Vice President for Nutrition Services, initiated the project, and Maria Cheema and Dan Armstrong filmed the interviews along with technical assistance from Information Technology Specialist Mike Daly. Additional support was received from Middlesex Nutrition Manager Jane Coggins and Home Delivery Coordinator Kaaron Calloway.

Customers spoke to the importance of affordable and accessible nutrition for seniors. One legally blind customer who cannot cook for herself said that she could not afford to hire a home aide to prepare meals for her, and without Meals on Wheels would most likely go hungry. Another customer, who had been displaced from her home after Hurricane Katrina, said she relied on a CRT congregate dining site for meals after she moved to Hartford and now regularly volunteers there as well. Two other customers talked about the community that has formed at their congregate dining site. Without it, they said, many of their fellow senior citizens would both struggle to feed themselves and suffer from a lack of socialization.

CRT was represented at the listening forum by Belding, Coggins and Lorri Lennon, Assistant Director of Nutrition-Food Production. More than 200 people attended the event, which included testimony from other nutrition programs in New England as well as research presentations from nutrition experts. A longer version of the testimonial video is being prepared for submission to the Office of Older Americans.

CRT helps feed hundreds of seniors five days a week through Meals on Wheels deliveries in more than 25 towns throughout the Greater Hartford region and at 41 Senior Community Cafe sites in Greater Hartford and Middletown.



CRT Cares

Staff Respond to the Earthquake in Haiti

With typical generosity, CRT employees are coming together to assist with Haitian relief. A small steering committee has planned a blood drive for March 3 in the Lumsden Center; placed collection barrels for water, food and medical supplies at a number of high-traffic locations; organized free grief counseling through CRT Behavioral Health Services; and planned a payroll deduction campaign to support Haitian Relief. For more information about any of this, please see the CRT Intranet or contact a member of the steering committee: Marvin Douglas, Terence Durrant, Marva Greenfield, Nancy Pappas or Nancy Shapiro.

On Thursday, April 8th, CRT's ECE program will hold a **health walk** in support of Annual Health and Nutrition Month and Haitian relief. Staff will meet in the lobby of 555 Windsor Street at 3:30 pm and will walk one mile through the neighborhood. After the walk healthy snacks will be provided in the Lumsden Center. All participants are asked to bring a donation for Haitian relief.

Building a Brighter Future for Hartford Youth

A STRONG FOUNDATION

CRT is helping 23 at-risk Hartford youth lay a strong foundation for their future through the launch of Capital City YouthBuild. The program seeks to empower disadvantaged area youth through intensive remedial education, case management support, and training and hands-on experience in valuable construction trade skills. It is funded via a \$728,963 three-year Department of Labor ARRA grant.

In partnership with the Department of Labor, YouthBuild USA and members of the local Carpenter's Union, the program began orientation for 23 youth in October 2009. While the program is geared toward youth, its benefits reach the entire community by reducing unemployment, increasing the skilled labor pool and creating affordable neighborhood housing. The City of Hartford and the State of Connecticut have been plagued by staggering levels of youth poverty, poor graduation rates and unemployment for several years.

PILLARS OF SUPPORT

In addition to taking GED, remedial education and life skills courses with help from staff at the Hartford Public Library, youth began training toward Occupational Safety and Health



YouthBuild participants Myeshia Gaither (left) and Debra Jones (right) sharpen their skills on a circular saw at the YAT Center.

FACT BOX:

CAPITAL CITY YOUTHBUILD

- ▶ Based at the CRT YAT Center, 1443 Main St., Hartford
- ▶ New initiative designed to provide youth an opportunity to substantially gain education, occupational skills, employment and leadership qualities to increase their standard of living and foster civic engagement
- ▶ Serves Youth ages 16-24
- ▶ 100% of participants 0%-125% of Federal Poverty Level
- ▶ 23 Youth lacking high school degrees enrolled from the City of Hartford
- ▶ Contact: Marcel Cicero, Program Manager, 560-5308 x221

Administration certification and Pre-Apprenticeship Certificate Training in late 2009. All have since become OSHA-certified and have completed three units of PACT training. CRT has also applied its holistic approach to help position the youth to

succeed.

A full-time case manager provides support, and CRT behavioral health practitioners have provided substance abuse, anger management and mental health counseling to youth who need extra help.



CRT instructor Javier Robles educates YouthBuild participant Hector Colon on the finer points of using a handheld drill.

Reports from program managers Renita Chaney and Marcel Cicero and administrator George Brusznicki are that the students are learning and performing at a high level, showing vast improvements in academic and life skills as well as maintaining consistent progress in developing trade skills. The program's retention rate is also considerably higher than the average for YouthBuild programs nationally.

FINISHING TOUCHES

Participants have been working for several months at CRT-owned sites to hone their skills, including The Retreat, Generations and the Windsor Street warehouse. After completing training, participants will be put to work in neighborhood projects throughout Hartford, building affordable housing for low-income residents, partnering with Habitat for Humanity and receiving placements in CRT weatherization projects, among other sites.

Participants who perform well will have the opportunity to complete internships with the local carpenter's union and continued training. Youth are also paid for their work in the program, helping them see an immediate benefit to their labor in addition to the long-range outcomes that benefit the participants and their community.

PARTNERS

Many partners from within and outside the company have helped the program pave a path to success:

- ▶ Connecticut Carpenters Apprentice & Training Fund
- ▶ United Brotherhood of Carpenters and Joiners
- ▶ Hartford Housing Authority
- ▶ City of Hartford
- ▶ Hartford Public Library
- ▶ Capital Workforce Partners
- ▶ Capital Community College
- ▶ Community Partners in Action
- ▶ Literacy Volunteers of Greater Hartford
- ▶ Meadows Real Estate Management and Development Corporation
- ▶ CRT Weatherization
- ▶ CRT Behavioral Health

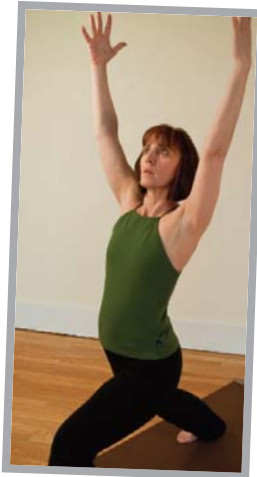
Fresh Start Celebrates Valentine's Day



Valentine gift bags provided for all 21 women in the Fresh Start Program

In celebration of Valentine's Day, women from the Hartford area and CRT's Planning Department shared a little love by reaching out to the women at CRT's Fresh Start Program. Twenty-one gift bags filled with Valentine chocolates, shower gels, lotions and a variety of other items were delivered

to the program on February 4. Leslie Gordon, a local certified yoga instructor, donated her time and talents by leading 12 women from Fresh Start in a gentle yoga class. A few of the women approached the class with a little apprehension, never having done yoga before; but soon, everyone was appreciating the benefits of yoga first-hand by stretching, practicing deep breathing and visualization techniques. When asked how many of them would like to keep their yoga mats, every hand was raised. Planning Department Director Julie Ackerman is donating some gentle yoga DVDs to the program so the women can continue their practice. This event and outreach effort was organized by Lori Shield in CRT's Planning Department.



Leslie Gordon led 12 women in the Fresh Start Program in a gentle yoga class

BlumShapiro Sponsors 5K Run for Charity

CRT's East Hartford Community Shelter will be one of the beneficiaries of the BlumShapiro 5K Run for Charity at the Travelers Championship at 8:30 a.m., June 12, at the TPC in Cromwell, CT. This accounting firm has already donated \$5,000 to the shelter, including \$2,500 from last year's race. This year, there will be a Kids Fun Run held at 8 a.m. prior to the 5K Run. There will also be many fun new activities for the entire family to enjoy, including an open driving range with course vendors, massages, games, prizes and much more. Whether fans want to run, jog or walk, this event offers a great way to be part of the action!

- CRT East Hartford Community Shelter (East Hartford, CT)
- Columbus House (New Haven, CT)
- St. Vincent de Paul Society of Waterbury (Waterbury, CT)
- Merton House (Bridgeport, CT)

The race registration fee is \$25, of which \$5 will automatically be donated to the designated charities. Anyone can help those in need by asking their friends and family to donate online via BlumShapiro's fundraising partner, Active Giving. In addition to funds raised through race fees and sponsorships, BlumShapiro will feature a food drive to support local food pantries that are in need of nutritious food for our neighbors statewide. All participants who bring non-perishable food items will be entered into a drawing for great prizes, including tournament tickets and apparel, tickets to area events, gift certificates and more! For more information, see Nancy Shapiro.

Warm and Wonderful

Law Firm Holds Fundraiser for Energy Assistance

It's called a "Winter Doldrums Party." But the atmosphere on February 11 was actually very lively, as more than 200 guests flocked to a fundraising event sponsored by Pullman & Comley law firm at The Old State House in Hartford. Trish Donovan, Nancy Pappas, Mary O'Connell and Patricia Monroe-Walker represented CRT at the annual event, which the firm throws for their clients and community contacts. For the first time, organizers added a charitable component, encouraging their guests to make cash donations and/or take donation envelopes home. Contributions to CRT of more than \$900 were designated for the agency's Fuel Bank, flexible funding that helps with furnace repair/replacement and fuel assistance for those who don't meet the strict guidelines of the government-funded program. Foodshare and My Sister's Place were also invited to showcase their programs – making a trio of programs representing what organizers called "Heat, Eat and Sleep."

Don't Count Yourself Out!

As employees at an agency that relies heavily on government allocations to provide services to our population, it is vital that we set a good example for our customers and be counted in the Census! After all, it's the Census that helps determine how much the government gives to states and cities to provide services, as well as how many seats each state gets in Congress. The U.S. Census Bureau will be mailing out questionnaires for the 2010 Census in mid-March. Keep a lookout on the CRT Intranet page for information about an inter-departmental contest to make sure no CRT employees let themselves be counted out!

CRT Chili Challenge!

The Social Planning Committee hosted its 2nd CRT Chili Challenge on February 19 in the Lumsden Center and CRT's staff attended to sample all of the eight different chilies. The reigning chili champion Krista Heybruck-Santiago gave up her crown to David Ketner who won 1st Place as this year's new Chili Champion with his crowd pleasing chili.

Before the doors opened the chili judges: Trish Donovan, Donald Neel, Nancy Shapiro and Joe Stanford, sampled all of the chili offerings, awarding the following prizes:

- | | |
|--|--|
| 1st Place
David Ketner , Behavioral Health | Hottest Chili
Hubert Schwan , Planning |
| 2nd Place
Krista Heybruck , Planning | Most Original
Effie Brown , Executive Office |
| 3rd Place
Effie Brown , Executive Office | People's Choice Award
David Ketner , Behavioral Health |



Congratulations to All the Cooks! CRT staff know how to enjoy food and this event is one more example of how much fun can be had when staff members come together to celebrate their love for food! For those of you holding on to that special chili recipe, look out for CRT's 3rd Chili Challenge next year!

CRT's Summer Outing

Save the date for CRT's Summer Outing, scheduled for Saturday, August 14, at Wickham Park in East Hartford. The Social Planning Committee is planning a fun-filled family event that you will not want to miss! Check out Wickham Park at their website, <http://www.wickhampark.org/>.

A Hero Among Us...

John Parks, Jr., a Community Coordinator at The Retreat Assisted Living, came to the rescue of a co-worker on the morning of January 13.

John commutes to work every day on the public bus, and on this particular morning something out of the ordinary occurred. As he was looking out of the bus window he noticed a car accident on the corner of Park and Main Street.

While EMT personnel were assisting someone into the ambulance, John immediately recognized the person as a co-worker from Hebrew Healthcare at The Retreat. Once he recognized this co-worker on the stretcher, he looked around and saw that her car was part of the accident. A part of his role at The Retreat is to monitor the cars in the parking lot, which is why he recognized her car.

John immediately asked his bus driver to pull over so he could get off the bus and offer his assistance at the scene of the accident. He approached one of the police officers, asking if he could help and speak to his co-worker as they were loading her onto the ambulance. John offered to drive her car to The Retreat while she was going to the hospital, which avoided having her car towed at an extra expense.

John is always there to help everyone, and he really went out of his way to help this time. Kudos to John Parks, Jr.! We at The Retreat are very fortunate to have such a great individual working for us!

Michael Daluz to Receive Serenity Scholarship Award

The CRT community is invited to celebrate with former employee Michael Daluz as he receives the first Serenity Scholarship Award at 4 p.m., Saturday, April 10, at the Quaker Meeting House, 144 South Quaker Lane, West Hartford. The award will be presented by Lynn Johnson, President of the Center for Serenity, who is a former colleague of Michael's from the Behavioral Health Department of CRT. Michael will tell his inspiring story of spiritual transformation from addiction and prison to recovery and service to others, chronicled in "You Gotta Dance", a book written by his cousin and the former Youth Activities Coordinator at Generations, Bryant K. Daluz. George Blackman, a close friend of Michael's, will provide music on his saxophone for everyone's enjoyment. The event is free and open to the public. Donations received will go towards Michael's award, which he is using to complete his Ph.D. in Counselor Education. For more information on Michael and this event, call (860) 561-2343.

Shalia Scott makes Dean's List!

Congratulations are in order for Shalia Scott, a case manager at CRT. In addition to being a full-time employee, Shalia is also a full-time college student at Goodwin College and made the Dean's list for last semester. Keep up the good work, Shalia!

Making the Homeless Count

In what has become a yearly tradition, CRT once again took the lead on coordinating and implementing the 2010 Hartford Point-in-Time (PIT) Homeless Count. Since 1997, CRT has been involved in the PIT Count, a census of Hartford's homeless population. After all data is collected, CRT creates a report detailing the demographics and current living situations of homeless Hartford residents. The PIT Count is also performed in conjunction with the Connecticut Coalition to End Homelessness (CCEH), the coordinating body for the yearly statewide count, as well as the Hartford Continuum of Care.

This year, the count took place on Wednesday night, January 27. Headed up by PIT Count Coordinator Nathan Fox and CRT Director of Research Krista Heybruck, a team of 30 volunteers and homeless outreach workers convened at Immaculate Conception Shelter at 6 p.m. After a short meeting and some delicious pizza, volunteers broke up into teams. Three shelters, McKinney, Marshall Family House and Open Hearth, each had one team of volunteers, while five more teams each took a different section of Hartford to look for homeless people living on the streets. This year, surveying people living on the streets was not a requirement for the agency, but with the economic hardships of 2009, CRT decided to collect as much data as possible in an effort to analyze potential economic trends.

Unlike last year, volunteers were spared the wrath of Mother Nature, and were treated to a cool, crisp night! With the count wrapped up, the report for the count will be compiled and published in the next two to three months.

Grace St. Center Achieves NAEYC Accreditation

On February 24, Grace St. ECE hosted an open house in celebration of their recent accreditation from the National Academy for the Education of Young Children (NAEYC). This is a high achievement for the Grace St. Center, as the NAEYC Accreditation represents the mark of quality in early childhood education, setting professional standards for early childhood education programs and helping families to identify high-quality programs for their young children.

Well-behaved Grace St. children having fun reading with each other during event.



Grace St. staff receive certificates recognizing them for their role in helping to achieve NAEYC accreditation.



Locust Street a finalist for “Engaging Diverse Families” Award

CRT’s Locust Street center is proud to be among 10 select, exemplary programs to receive the Engaging Diverse Families Award. Engaging Diverse Families is a new NAEYC project with the purpose of helping Early Childhood Education programs effectively engage diverse families. On January 15, two NAEYC representatives came to Locust Street and reviewed the center for this award. They interviewed staff and families about the center’s programs, looked over the center and reviewed files, portfolios and other requested information.

Second Social-Emotional Day Celebration

Locust’s second Social-Emotional Day was held on January 27.

A wonderful presentation for parents was done in English and Spanish by Patricia Sviezzi titled “Teaching Limits with Love.” Each classroom provided social-emotional lessons. Staff incorporated social-emotional awareness activities involving children



and parents who attended. Parents and guests enjoyed center activities and visited information booths offering community resources such as AFCAMP, Brighter Future, CT Family Support Network, Help Me Grow/Children’s Trust Fund, CRT Behavioral Health Consultants and the CRT Family Literacy Specialist. FSW and SNF teams also helped parents to complete kindergarten applications.

Cavity-Free Day Celebration

On February 19, Locust St. held its first annual Dental Awareness Day celebration. The staff and children had a weeklong focus on basic, age-appropriate dental information and activities about the importance of keeping their teeth clean and healthy. The dentist was introduced to the children as a friendly doctor who helps to take care of teeth. Special activities were also planned for parents to participate including a Dental Puppet Show, Happy Teeth Parade, Making Toothpaste, Toothbrush and Floss Painting, Acid on Our Teeth (using boiled eggs and vinegar), How Food and Drinks Affect the Teeth (boiled eggs soaked in cola and food coloring), Healthy versus Unhealthy Foods for Our Teeth, Play Dough Teeth, and a Bean Bag Toss (tossing beanbag in the mouth). Community agencies such as Connecticut Dental Health Partnership, Home by One, Small Smiles and CRT’s own Health and Nutrition Department were present to provide parents with information. A dental hygienist from Small Smiles gave a presentation and provided dental goodie bags for the parents. Everyone left with bright, shiny smiles.



Husky Byte Nutrition Program

Students from UConn are offering the Husky Byte Nutrition Program at the Locust St. center from February 8 through April 21. They are providing nutrition trainings and fun activities for parents and children on Mondays and Wednesdays from 3:30 to 5 p.m. Giveaways and raffle prizes are provided every week to parents for their participation. In January, some parents participated in nutrition-related interviews and were compensated with \$15 for completing the interview.

Teacher’s Assistant Receives CDA

Congratulations to Jacqueline Kemp, a Teacher’s Assistant at the Locust St. center, for receiving her CDA (Child Development Associate) in February. CDA is an Early Childhood credential provided by the National Council for Professional Recognition and is a requirement by NAEYC for all Teacher’s Assistants, which is equivalent to 12 Early Childhood credits.

Retreat Civic Engagement

Retirement is a very active stage of life for residents of The Retreat! CRT’s affordable assisted living high-rise has an energetic Members Council, which organizes events such as a monthly Speakers Series. A dining room full of residents waited throughout the afternoon to hear from Atty. Gen. Richard Blumenthal, who had just declared his candidacy for Sen. Chris Dodd’s seat in the U.S. Senate. Residents peppered him with questions about the banking bail-out, health care reform and the future of Medicare. They also engaged in a lively dialogue about identity theft and scams that focus on seniors.



Two months later, the spotlight was on Hartford Mayor Eddie Perez. The mayor began with an overview of his life as a young boy in Hartford, frequently getting into trouble at school and with the police. However, he also took the opportunity to listen to the concerns of the group. By the end of the evening, he had committed to a return visit to inspect the uneven sidewalks and graffiti in the neighborhood. He also pledged to look into the residents’ difficulties booking services from Dial-A-Ride.

Monthly speakers’ meetings are just one part of the civic engagement of these residents. There are volunteer opportunities in the community, whether reading to children at a nearby CRT Head Start Center or teaching young mothers to sew. Several veterans lobbied to acquire and install a flag pole for The Retreat, and held a dedication ceremony in November 2009. “We find ways to support our members in pursuing activities that interest them,” said Heidi Caplinger, CRT’s Assistant Director of Senior Services. “Instead of pulling back from the community as they grow older, CRT helps them become more engaged with the world around them.”

Youth Artisan and Technology Center

The Youth Artisan and Technology Center (YAT) would like to highlight the contributions of Jamika White. Jamika is student at the Culinary Arts Academy in Weaver High School. This fall when Jamika started to participate at the YAT Center on a regular basis she learned that cooking was a big hit with YAT Center youth. In the month of January, Jamika offered to volunteer her time to conduct cooking workshops on Tuesdays. A number of food items that the youth made during her workshops includes: marshmallow chocolate chip cookies and pizza. In addition to Jamika direct service, she expressed interest in completing her service learning project at the YAT Center. The program manager met with Jamika to outline goals and objectives for her learning plan which includes duties such as assisting with administrative tasks. Jamika's cooking workshops concluded at the end of January thus shifting the focus to music for the spring semester.



The YAT Center began two new music workshops in the Month of February; Rapoetry and Choir. These workshops are sponsored in-part by the Charter Oak Cultural Center and represent the beginning of the YAT Center's efforts to partner with diverse community organizations in order to enrich the lives of youth.

Rapoetry is a class taught on Tuesdays from 4:00pm to 6:00pm by instructor Khaiim Kelly--commonly known as the Rapoet. This class focuses on song writing, rap, poetry, and music production to encourage youth to engage in positive self-expression and provides strategies to resolve conflict. To learn more about the Rapoet and his work, please visit www.rapoets.com.

On Wednesdays from 4:00pm to 6:00pm, Shareen Lee teaches Choir. From this class, students gain an introduction to music theory as they learn to write what they sing. Through practice and repetition, youth are learning to train their voices and chest breathing. The goal of this class is to create a YAT Center choir that will even incorporate dance.

Please spread the word to youth ages 12 to 17 that may have interest in any of the abovementioned activities.



CRT Health and Wellness Benefits

In 2010, CRT introduced a new open access high deductible health insurance plan through Anthem Blue Cross Blue Shield. To help offset costs, CRT also introduced a Health Reimbursement Account (HRA). In addition, CRT outsourced the administration of all Flexible Spending Accounts (FSA) to a third party which is Total Benefits Administration LLC. This makes using your FSA as easy as a swipe of a card. With your new FSA MasterCard, you no longer have to complete paper requests for reimbursement after the fact; now, you have access to your FSA account at the time of service!

CRT is committed to ensuring that all plan participants understand these new changes; and therefore, will be continuing to offer ongoing informational seminars with Human Resources and Representatives of Anthem. If you have any immediate questions, please feel free to contact Nancy Greer, Human Resources Generalist/Benefits Specialist at 860-560-5613.

Also in 2010, CRT is excited to introduce a wellness program and calendar which will provide all CRT employees with informative monthly wellness hints, reminders, activities and initiatives to help promote wellness. Throughout the remainder of the year, CRT will be offering many fun activities including a weight loss challenge which will include prizes for all participants and opportunities to earn free gym memberships! CRT will also be offering free on-site blood pressure screenings and mammograms! This fall CRT plans to host on-site cold and flu clinics as well offering free flu shots to all employees. Below is a calendar highlighting just a few of each month's health topics. Be on the lookout because there's much more to come!

2010 Wellness Calendar

March	Nutrition – focus on healthy eating habits
April	Cancer Awareness
May	High Blood Pressure – Free Blood Pressure Screenings at 555 Windsor Street
June	General Fitness – focus on exercise & staying heart healthy – Walking Challenge – Free Pedometers will be handed out and the top 3 persons with the most steps in June win prizes, including a Gym Membership!
July	Asthma Awareness
August	Skill Cancer Awareness
September	Cholesterol Education
October	Breast Cancer Awareness – Free on-site Mammograms at 555 Windsor Street
November	Focus on Diabetes & Depression
December	Prevention/General Wellness – eating “smart” around the holidays.

Winter Weather Reminder

Just a reminder that in the event of inclement weather, please call CRT's Weather Advisory Hotline: 860-560-5760 or tune into local television news on Channel 8, Channel 3, Channel 30 for all up to the minute closings.

Employee Recognition Program Wall of Excellence

Jeffrey Epps

FEBRUARY 2010



Clinician Jeffrey Epps is a committed employee of the CRT/DOC Behavioral Health Services program who consistently demonstrates professional behavior appropriate to his career. He has a thorough understanding of CRT policies and procedures and is able to act in accordance with the mission of the agency. Mr. Epps is well respected by his colleagues and also by our funders, with whom he interacts on a daily basis. He is recognized as a “go-to” person when a problem arises, when an intervention is needed or another specialized service is required. Mr. Epps is the first to volunteer and is always willing and able to go the extra mile when the need arises. When our New Britain program was short staffed, he split his time between programs and provided the necessary coverage to keep it up and running. Even when under pressure, he is highly approachable and has a consistently positive attitude toward life in general.

Mr. Epps has used his experiences in the insurance industry to “raise the bar” with regard to data storage and record keeping in Behavioral Health Services and has come to be known as the “numbers man.” He is always open to new experiences and information, and continues to add to his knowledge base and professional skills with weekly supervision, in-service presentations, outside trainings and formal educational opportunities as they arise. In addition to working for CRT full-time, Mr. Epps has a part-time job at the Children's Center of Hamden, where he works with behaviorally challenged adolescents. He has been an employee there since completing his 2006 DARC internship with Gateway Community College. He is now applying to Southern Connecticut State University for the fall 2010 semester to pursue a Master's degree in Social Work with the ultimate goal of obtaining state licensure as a Clinical Social Worker.

Hand-washing is as simple as Singing “Happy Birthday”

During cold and flu season, it is especially important to remember to wash your hands. Hand washing is an easy first line of defense against the spread of germs and many common illnesses.

The Centers for Disease Control and Prevention recommends that we lather our hands with soap, scrubbing for 20 seconds, and then rinsing with warm water. Although 20 seconds seems like a long time, it is as easy as singing the song Happy Birthday!

In order to ensure that you and your family are helping to combat the spread of germs, turn hand washing into a game. Use fun soaps, sing the happy birthday song and share the importance of hand-washing with each other. Remember to wash hands before and after eating, after going to the bathroom, and after working or playing outside. Taking a few seconds to wash your hands will keep you and your family healthy!

For more information on hand-washing visit the following websites:

1. <http://www.cdc.gov/cleanhands/>
2. http://kidshealth.org/parent/general/sick/hand_washing.html

Human Resources

Corner

▼ New Employees Jan & Feb 2010

Development

Shapiro, Nancy

East Hartford Shelter

Clarke, Michelyn

ECE

Alawatta, Amali

Bailey, Joan

Blake, Jenessa

Caballero, Cecilia

Clayton, Erica

Diaz, Lucy

Dones, Ana

Hawley, Charlene

Hughes, Adaryl

Ilard, Ernestine

Jones, Renee

Kelly, Shelley-Ann

Lindo, Raquel

Martinez, Leticia

Mendoza, Sacha

Quintana, Julia

Rueda, Angela

Sadosky, Carol

Sastre, Carian

Enfield A.I.C.

Easton, Kelly

Executive

Austin, Tahari

Finance

Mabry, Pamela

Fresh Start

Cruz, Enid

Davey-Brinson, Julian

Harmon, Christina

Lewis, Shirra

Information Technology

Wiggins, Michael

McKinney Shelter

Booker, Kevin

Meadows Real Estate

Jaacks, Alan

Kimball, John

Neighborhood Services

Spann, Lindsey

Nutrition

Bertrand, April

Rivers, Lakeisha

Tallman-Millar, Renee

Planning

Armstrong, Daniel

Supplemental Education

Debenian, Elaine

Supportive Housing

Bush, Cheechee

Lopez, Lorraine

Weatherization

Gomez, Benjamin

Tuition Reimbursement

Tuition Reimbursement is still available for all winter, spring and summer classes, books and fees! Funding from the American Recovery and Reinvestment Act provides CRT employees with reimbursement up to 80% of their total cost with a maximum annual benefit of \$2400. If you have any questions, please contact Mary Kozich in Human Resources at 860-560-5661 or go online to CRT's intranet site and download an application.

For those of you who have completed classes and haven't submitted for reimbursement yet, there's still time. You must submit your grades and an itemized receipt showing proof of payment. This is a great opportunity for all staff so please take advantage now as funding expires September 2010!

Community Renewal Team, Inc.
555 Windsor Street
Hartford, CT 06120-2418

March Birthdays

- | | | | |
|------------------------|-------------------------|-------------------------|----------------------|
| 01 Legg, Marilyn | Vega, Jose | 15 Aschenbrenner, James | Waite, Clayton |
| Walsh, Brooke | 08 Gomez, Benjamin | Johnson, James | 25 Nickson, Michael |
| 02 Acevedo, Carmen | Padin, Juan | Soto-Sanchez, Jeanette | Pinkston, Sandra |
| Flores, Noemi | Williams, Paula | 16 Cruz, Enid | Quiles, Francis |
| Jaacks, Alan | 09 Ackerman, Julia | Parisi, Roberta | 26 Clarke, Michelyn |
| Martin-Hewitt, Blenda | Long, Tuyen | 17 Robinson, Patrick | Hiscocks, David |
| McCluskey, Christopher | Lopez, Alma | 18 Feliciano, Jose | St. Germaine, Bonnie |
| Rivera, Ana | McBride-Gomez, Shellene | 19 Dannen, John | 27 Collins, Jerry |
| Smith, Jason | 11 O'Keefe, Cathy | Perez, Elizabeth | Conde, Yesenia |
| 03 Bettini, Allyson | Shepard, Robert | Simpson, Tanya | Moore, John |
| Candelario, Maria | 12 Begley, Edward | 20 Lopez, Awilda | 28 Golzar, Maryam |
| Guite, Judith | Lal, Roshan | O'Neal-Reid, Jennifer | Gonzalez, Jose |
| Jefferson, Sandra | Rolon, Danny | Saimininkas, Julie | 29 Cardona, Gloria |
| Smith, Shante | Williams, James | 21 Byrd, Jessica-Leigh | Cruz, Soledad |
| 04 Colon-Reyes, Julie | 13 Restrepo, Jacqueline | 21 Gee-Lewis, Cheryl | Keaveney, Daniel |
| Espinoza, Julia | Rodriguez, Wanda | 21 Hardy, Andrea | Nicholson, Theresa |
| Morales, Luz | Weatherington, Robert | Reddick, David | 30 Ferguson, Erica |
| 05 Giaquinto, Lisa | Wynter, Conrad | 22 Acevedo, Jose | Gwozdz, Marilyn |
| Jackson, Valda | 14 Bottomley, Jessica | Myers-Williams, Shontel | Joseph, Declon |
| Lisboa, Sigfredo | Guerra, Olga | Sherrod, Raushanah | Kelly, Mary |
| 06 Walton, Vanessa | Hudson, Renita | 23 Alers, Olga | 31 Thompson, Theresa |
| 07 DiBacco, Marcella | Rivera, Daisy | 24 Booker, Jessie | Vasquez, Jonnace |
| Treschitta, John | | Lindsey, Charelle | |

April Birthdays

- | | | | |
|-------------------------|-----------------------|----------------------|----------------------|
| 02 Chhouk, Mab | Pieve, Barbarita | 17 Brayfield, Lisa | 22 Vibert, Marie |
| Ellington, Alfred | Ryan, Jack | Fair, Howard | 23 Craddock, Cynthia |
| Mighty, Diana | Schmuter, Beth | Morales, Samuel | 24 Brooks, Cathy |
| Perez, Maribel | Velasco, Rosalina | Mundle, Re'shantia | 25 Moore, April |
| 03 Keach-Longo, Gustave | 12 Bajonero, Giovanna | Oliver, Kristy | 26 Cruz, Milanie |
| 04 Williamson, Rhonald | 13 Ransom, Brenda | Suquilanda, Janet | Leatherwood, Lessie |
| 05 Broadnax, Beverly | 14 Hughes, Adaryl | 18 Heredia, Teresa | Woods, Patricia |
| 07 Senior, Samantha | 15 Aiken, Elaine | 19 Anderson, Maureen | 27 Mojica, Raul |
| 08 Arroyo, Isabel | Dobrich, Jakelin | Irizarry, Myra | 28 Kelly, Edward |
| 09 Vasquez, Ramona | Majzel, Dale | 20 Caine, Doris | 29 Debenian, Ashley |
| 10 Ern, Jessica | Pedersen, Benjamin | Richards, Leona | 30 Bertrand, April |
| 11 Berrios, Elizabeth | Vazquez, Irma | 21 Blackman, Nicole | Lovallo, Daniel |
| Gadson, Marcia | 16 Martinez, Marcos | Perez, Adiola | Ustanny, Amy |

CRT InFocus lists employee birthdays as a service to those who wish to recognize their co-workers. If you do not want your birthday included, please contact Maria Cheema at CheemaM@crct.org or (860) 560-5633.

The Community Renewal Team, Inc. was formed in 1963 and is one of the oldest Community Action Agencies in the country. We provide a range of antipoverty programs that help people become self-sufficient, including Early Care and Education; Meals on Wheels and meals at senior centers; criminal justice programs; affordable assisted living for seniors; neighborhood-based outreach; positive youth development; energy and weatherization assistance; employment and training; substance abuse and mental health services; emergency shelters and supportive housing. CRT is Connecticut's largest Community Action Agency.

InFocus is the bi-monthly newsletter for CRT employees, trustees, and volunteers. Please submit information or story ideas to InFocus at 555 Windsor St., Hartford, CT, 06120-2418, or email to [Mary O'Connell at OConnelM@crct.org](mailto:MaryO'Connell@OConnelM@crct.org), phone (860) 560-5456.

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