

## 2017 ANNUAL REPORT



















**Community Action Portraits** 

## Message from the CEO



### It is no secret that this has been a challenging year.

And, possible budget cuts from both a federal and local level don't make it any easier for us to do our work. Despite those obstacles, we never lose hope in our mission, and in the promise of community action, which reminds us:

"Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other."

Those words are powerful, and should give all of us who do work on behalf of the communities where we live a steady reminder of not only who we are, but also WHY we do our work each and every day of the year.

In the past year, CRT has helped to create opportunities for more than 93,000 individuals and over 36,000 families to improve their lives and increase the prosperity of their communities. Even as new challenges crop up, we will continue to move forward.

This year, economic uncertainty locally and at the state and national level, has driven us to be creative and to find solutions that continue to meet the ongoing needs of the people and communities that we serve.

Here at CRT, we are all committed to doing what we do despite the challenges we face, knowing that we are making a difference one person at a time.

Within the pages of this annual report, we are happy to share with you portraits of a handful of the many people we've served this year. Through these stories, you will begin to get to know the people we help, and you will also see how this work empowers people to help themselves.

You will read about Ciara Williams, a single mother of three who works full time, and yet still finds time to volunteer within the Early Care and Education center where her youngest daughter is enrolled. She is a tireless champion on behalf of other parents, and she wants to be there for all of the children in our programs. Through her time with CRT, she has become the President of our Head Start Policy Council, where she will advocate on behalf of families and children in the year to come.

### Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live.

You will also read about Juan Gonzalez, a long-time resident at The Retreat, CRT's assisted living facility in Hartford. When Juan first arrived, he was on the verge of homelessness, struggling with addiction, and in desperate need of help. Today, his life is completely different, and he is an active participant in the lives of many other residents at The Retreat, helping people to feel at home.

There are so many more stories than we can tell in a single annual report, but these profiles offer a close-up look at the broad range of programs and services that CRT provides to people and families throughout Central Connecticut. While these stories inspire our work, we know that the work does not end.

In the past year, CRT has helped to create opportunities for more than 93,000 individuals and over 36,000 families to improve their lives and increase the prosperity of their communities.

This fall, we found ourselves challenged once again, as we witnessed the impact of a brutal hurricane season that devastated people's lives across the southern United States, Puerto Rico and the Caribbean. CRT rose to the challenge – both through internal fundraising among employees to assist people in need, and by marshalling our collective services to assist people who are just now relocating to our region.

We are working closely with government officials and other nonprofit agencies throughout the region to provide both immediate aid and long-term solutions. We know this will not be easy, but we are determined to do what is needed to help make the transition for individuals and families relocating to our state as smooth as possible.

After all, we've been a trusted partner to the people living in our communities for nearly 55 years now.

But we can't do this work without you.

We hope you will join us in 2018 as we continue our important work for people in our community – both for long-time residents and for those who have newly arrived and plan to call Connecticut "home."

Lena Rodriguez President and CEO

## Message from the Chairman



Last year in my message for CRT's annual report, I wrote about how proud I was to be a part of such an amazing team like the Community Renewal Team. They "suit up" and take the field every day of the year, working hard on behalf of the people they serve here in Connecticut. And they play to win each and every day.

You see it in the breadth of programs and services that CRT provides to people in our community - ranging from the work we do for our youngest population with our Early Care and Education classrooms that prepare children for success in future schooling while offering parents a safe and nurturing environment for their kids, to our Elderly Nutrition Program that serves hot, nutritious meals to seniors both in our community café settings and for the homebound via Meals on Wheels - five days a week. As an example, we've been serving meals at the Hispanic Senior Center in Hartford for 40 years - during that time, CRT has served approximately 364,000 meals at that facility. There are not many teams that can boast of a track record like that.

While it is noteworthy that CRT is able to help tens of thousands of people and families year after year – and those numbers speak for themselves – I also take great pride in the small, personal victories that we achieve with our clients on a daily basis. These are happening across CRT's programs, and are being done not to garner headlines, but because it is the right thing to do. It is working with individuals like Mary Schon through our Behavioral Health Services program to help her overcome addiction, and reach her one-year sobriety milestone. Or working with Emma Randolph, who unfortunately lost her home out-of-state, but thanks to the active intervention of our community services team was able to secure a new, permanent place to live in Hartford. You will read about both of these victories here in our annual report.

I hope that by after reading these stories, and knowing the powerful impact that CRT has in our community every day of the year, you will decide it is time to get off the bench and join the team.

Next year marks CRT's 55th anniversary as the community action agency for Hartford and Middlesex counties. I can think of no better way for each and every one of us to honor the hard work and commitment of CRT to our local communities than to pick one of CRT's programs that has meaning for you, and find ways that you can support the future success of that program. Maybe you want to help young people with job training, or you want to help the homeless move to permanent housing, or you want to help people overcome substance abuse - the choice is yours. Our list of available programs and services is noted here in this annual report.

Here's my personal challenge to you: Pick the program that you want to help the most, and become the MVP for that program. I have great expectations for the year ahead – with your help, it will certainly be a championship year.

Fernando Betancourt Chair of CRT Board of Trustees



## **In Memoriam:** Dr. Conrad Mallett

It is with deep sadness that I share the news of the passing of my dear friend Dr. Conrad Mallett, Emeritus member of CRT's Board of Trustees. Dr. Mallett died in September at the age of 89, after dedicating his life and work to the cause of social justice in his community. Dr. Mallett came to Connecticut in the mid-1980s, when he was appointed President of the Capital Region Community College District in Hartford. In 1992, he became the first President of Capital Community Technical College, a comprehensive, publicly funded twoyear college. He and his loving wife Claudia were committed to public service in the Greater Hartford area for more than 25 years. He served as an honorary board member of the Wadsworth Atheneum Museum of Art and on the board of the Amistad Center for Arts and Culture. Both Dr. Mallett and Claudia were active members of CRT's Board - he was on the Board for 27 years. His life was a shining testament to hard work for the people he served. He will be greatly missed by all of us. - FB

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## CRT Programs & Services

### Get to know how CRT serves the Community

CRT offers a vast array of programs and services to the people in our community – more than 60 in all – throughout Central Connecticut. From the youngest in our Early Head Start program to the oldest residents of our unique assisted living facility in Hartford, CRT is there for the people of our region. We are constantly working to address any gap in services that we encounter, and working hard to meet the needs of both long-time residents and newly arrived families.

### **Basic Needs**

Resource Centers Food Assistance SSBG Case Management SNAP Outreach

### Energy and Weatherization

Energy Assistance Weatherization

### **Education and Youth**

Early Head Start Infant/Toddler Day Care Head Start and Preschool Day Care Nutrition Child Nutrition

### Housing and Shelters

Affordable Housing CHAP DOC Scattered Site Supportive Housing Family Shelter Generations Housing Counseling Men's Shelter Supportive Housing

### **Senior Services**

Community Cafés Meals on Wheels The Retreat, Assisted Living Facility Retired and Senior Volunteers Senior Affordable Housing







### Mental Health and Wellness

Asian Family Services Behavioral Health Services Fatherhood HIV Counseling & Case Management Services Homeless Outreach Re-Entry Recovery Services Transitional Case Management

### Employment and Training

Capital City YouthBuild Summer Youth Employment Middlesex Youth Development

#### **Money Management**

Financial Literacy IDA Savings Program VITA Tax Filing

#### **Veterans Programs**

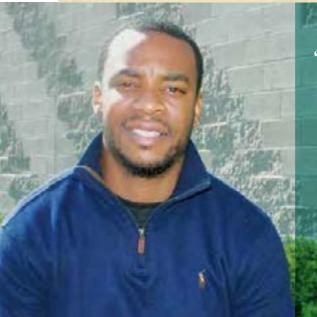
Veterans Crossing Supportive Services for Veteran Families Veterans Landing Assisted Living (coming soon)

### Volunteer Opportunities





## How Work Gets Done: YouthBuild Teaches Life-Long Skills



### When Warren Wells applied to join YouthBuild

in 2015, he didn't know the first thing about carpentry. In fact, it was not even on his radar as a possible vocation or future career path.

Before joining YouthBuild, he was working a variety of jobs that were good, but certainly didn't offer a lot of long-term potential: Everything from warehouse work, to retail, to security. Warren spent a year at college, but was unable to finish at that time.

Warren started the program when he was 24-years old, and he was one of 10 other students to join YouthBuild that year. "I was one of the older guys, but this was my last shot," he says.

YouthBuild helps young people from Hartford, ages 16-24, get paid to develop life-long job skills. They can pursue a career in construction, food service or health care while completing high school or earning a GED. Graduates move into apprenticeships and jobs. Participants have access to CRT's full range of programs and services. "When Warren first arrived, he was very green – but I saw the drive inside him. He showed up on time – and that's half the battle. He wanted to succeed."

### Give it all you've got

As it turns out, Warren quickly realized he had an affinity for the work he was doing and was eager to learn. His supervisor, Frank Mangiagli, saw Warren's potential and encouraged him to take the test that would allow Warren to join the carpenters' union.

"When he first arrived, he was very green – but I saw the drive inside him," says Frank. "Warren showed up on time – and that's half the battle. He was hungry. He wanted to succeed."

Warren took the test in January 2016, but he didn't pass – he says he only missed it by a few points.

But Warren didn't get discouraged. He stuck with it, doing small projects around Hartford and waiting for the chance to take the test again. In March of that year, he found out the day before his birthday that he had passed the test, and he would become an apprentice in the union. He finished his work with YouthBuild in May 2016, and was sworn in to the union in August of last year.

### A year filled with challenges – and successes

This past year has been filled with interesting assignments for Warren, including a two-month stint doing construction at Dunkin Donuts Park in Hartford, where the Yard Goats play baseball. Warren's work involved a little bit of everything at the new downtown stadium, including work on the locker rooms, the team store, the BBQ pit run by Bear's Smokehouse BBQ, and much more. "I was there when they put up all the signs at the ballpark – it was great seeing it all come to life," Warren says.

He also worked on the project for UConn's new campus in downtown Hartford.

As an apprentice in the union, Warren will continue his training and refine his skills over the next four years. He has a mentor in the union, and he attends paid training sessions every three months.

"He showed a lot of initiative toward the end of the program," Frank says. "The guys at the union hall like him and keep him busy."

### The future looks bright

He knows that his life has changed a great deal in the past two years. "I'm able to do so many things now that I haven't been able to do before." And that includes knowing that he will be able to be independent, and live his life on his own.

Warren's message to other young people who are ready to chart their own path? "Don't think you're going to be young forever. You have to be able to provide for yourself, and your family," he says.

Today Warren is working steadily – both on carpentry jobs, and on his own future plans. He is taking care of his personal finances and saving money to buy a condo. His future is wide open. **CI** 



"I really want more parents to be engaged in the work that is being done with their children – we should be a team working together."

## She's like a Superhero Dressed in Mom's Clothing

## Every parent wants what is best for their children.

But some parents truly go above and beyond the daily routine, and take on roles that are practically super-hero like in nature. One such parent is Ciara Williams, whose daughter Brooke is enrolled at CRT's Early Care and Education (ECE) Center on Locust Street in Hartford.

Brooke (age 4) began at Locust Street last year, and attends the school fivedays a week. Almost immediately after her daughter was enrolled, Ciara, who is 29-years old, became involved in the day-to-day activity of CRT's operations. Last year, Ciara was elected President of the parents' committee at the Locust Street ECE Center, and she helps to oversee their monthly meetings. She also oversees the same committee at CRT's Job Corps Early Care Center, where many of the parents are younger and less experienced.

If that wasn't enough, Ciara was also elected secretary of CRT's Head Start Policy Council last year; and will serve as the Council's President for the year to come. This Council is run entirely by Head Start parents, and advocates on behalf of all of the children enrolled in CRT's ECE programs.

And let's not forget that Ciara also works full-time, and is a single parent with two more elementary-aged children (ages 6 and 9)!

#### How does she do it all?

By now you might be wondering: Where does she find the time?

Ciara sees it as her responsibility as a parent to be actively involved in the education and development of her children. And, Ciara recalls that while growing up, her own mother would volunteer during things like clubs and sports, setting an example that made a lasting impact on her own choices as a parent.

"I'm an adult, now it is my turn," Ciara says. "You make time for what is important to you, and for the things that you want to contribute to doing."

## An advocate for children, and parents

In her work on the parents' committee and the Policy Council, Ciara is keenly interested in helping to be a "bridge" for new parents, helping to make sure that they are getting the services that they need for their children. "I really want more parents to be engaged in the work that is being done with their children – we should be a team working together."

Ciara makes a point of bringing in guests to the school who can help teach other parents about subjects they might not learn about elsewhere, ranging from firefighters who can talk about the importance of smoke detectors and fire safety to financial advisors who can discuss saving for the future.

She wants parents to know that she is there to help when they need it, but she is also eager to empower parents on behalf of their own children, too. Luckily for CRT and the families enrolled in its ECE programs, Ciara takes her job very seriously. Who knows... Maybe she is a superhero dressed in disguise.



Mary credits CRT with making changes possible, and for providing her with the right coping skills to handle the stresses she encounters in her life.

## One-Year Sober, and Ready to Help Others Make Changes

### "You can only keep what you have by giving it away."

Interesting advice from Hartfordresident Mary Ellen Schon, who reached her one-year anniversary of sobriety in late October of this year.

Mary, who is 52-years old, came to CRT's Behavioral Health Services (BHS) in December 2016, after being referred for an Intensive Outpatient Program (IOP). It wasn't an easy transition – at the time she was grieving her mother's death, and she had been kicked out of her son's home. "When I first arrived, I was crying all the time," she says.

## Focused on making better choices

While this isn't the first time that Mary has undergone treatment for alcohol addiction, this time around has been a different experience. She credits CRT with making changes possible, and for providing her with the right coping skills to handle the stresses she encounters in her life.

Mary successfully completed the IOP in five weeks, and then transitioned to an outpatient treatment plan that includes a weekly group session for relapse prevention, as well as weekly individual sessions. She also receives medication management from CRT's BHS office on Market Street in Hartford.

At the end of this past January, Mary moved into a sober house for women in Hartford for temporary housing – she has the option to stay there for up to two years. Mary walks most everywhere she goes, and she makes time for the gym as often as possible.

Mary is extremely proud of all that she has accomplished over the course of this past year, and she makes it a point to attend AA meetings every day.

#### She's earned it

Now that she has reached her one-year of sobriety, she is looking forward to

getting her coin from AA to mark the occasion. She is also looking forward to taking herself to her favorite pizza place in downtown Hartford to have a slice or two of their all-meat special.

Perhaps more importantly, Mary is ready to set new goals for herself. Just getting to this one-year mark has been her primary focus up until now.

#### Time to share with others

She truly wants to share her story with others, in the hopes of helping people to avoid making the same mistakes that she did. "They don't want to be me, not having anything," she says. "But now I want to raise my hand again in AA meetings, and show people what is possible." She's also thinking that maybe she can tell her story in other places where she can pass along her experience, such as with people in treatment programs in the community.

That gets to the heart of what she means when she says, "You can only keep what you have by giving it away." She knows that by helping others she will be doing more good in the world. Mary has made big changes in her life. Now's the time to put those changes to good use. ©



## After a Lifetime of Loss, Finding the Road to Recovery

### To say that Jose Rosa has

had a rough life is putting it mildly. He is only 38-years old and has spent 18 years of his life in prison. He grew up surrounded by gang violence, crime, substance abuse, and other forms of trauma. Two years ago, his twin brother committed suicide on their birthday – Jose was in jail at the time, cut off from family and friends.

## Developing new coping skills

This past summer he was referred to the Behavioral Health Services (BHS) program run by CRT, and enrolled in an intensive outpatient program (IOP) to help him develop the skills he needs both to maintain his own sobriety and to effectively cope in the world around him.

BHS offers counseling and recovery services to people who want help with a mental illness or drug/alcohol abuse. Intensive Outpatient and medication management are offered in our community-based mental health clinic. Psychiatric services, counseling and support groups are available. Working closely with a case manager, clients set goals and find the services they need – individuals learn how to cope with daily life without relapsing.

Jose acknowledges that he has a substance abuse problem, and he has been taking active steps in his own recovery by using gratitude, peer support, family activities, and by volunteering at a friend's Italian restaurant in the community. On the second anniversary of his brother's death this past September, he engaged in a grieving activity, and shared his gratitude with the rest of the IOP group for their support during that difficult time.

Jose's parole officer has reported that he maintains a positive, pro-social attitude regarding his treatment process with CRT. Speaking for himself, Jose notes that has taken steps to cut off negative relationships that were affecting his life.

## Finding the right place for treatment

Casie DeRosier, the clinician working with Jose at CRT says that his humorous personality helps to create a more supportive atmosphere for other participants in the program. "Jose encourages new clients, and he reiterates to them that 'they're in the right place for treatment here at CRT," she says.

Casie notes that Jose is using his family more for personal support – especially his mother – and that his communication and follow-up has improved. His clinical treatment over the past several months has helped to address mental health issues, substance abuse and legal issues.

A relapse prevention plan was implemented in late August of this year to reduce the risk of relapse and prevent suicidal thoughts. Jose completed the IOP in mid-October, and then transitioned to an outpatient level of care as well as anger management classes.

Outside of his time with CRT, Jose enjoys helping his friend at the restaurant to keep himself busy. He also likes swimming, fishing and the occasional ride on a motorcycle. When he needs some quiet time on his own, he likes to play chess or Scrabble on his mobile phone.

#### Ready to face the future

Long-term, Jose is planning to go to truck-driving school. He says he likes driving long distances. Perhaps it's a metaphor for his own life ... Jose knows that he has a long road ahead of him, and while he might not always know where he is going to end up, he plans to enjoy the ride. <?



## After Losing Her Home in Florida, the Real Work Begins

## Sometimes, we make decisions with the best

of intentions, but then the consequences of those choices can have far-reaching effects. Emma Randolph, who was born in Hartford and is now 66 years old, returned to the city last year to help take care of her own mother who was leaving a convalescent home at the time. When Emma arrived in mid-June of 2016, she fractured her foot and wound up in the hospital. But that was the least of her troubles.

Before returning to Hartford, she had been living in Orlando, Florida, in Section 8 subsidized housing. After spending time with her mother, Emma expected she would be going back to Florida, where she had been living for 30 years. However, she wanted to stay in Hartford as long as possible to help in her mother's recovery. When Emma left Florida at that time, she failed to notify her case worker about this decision, placing her housing in jeopardy.

### A referral to CRT for help here and long distance

Emma, who is soft-spoken and reserved, was referred to CRT in August 2016 to address this housing situation, and a case manager in the Market Street office worked closely with her to do everything possible to help maintain her housing in Florida. In December of 2016, after months of deliberation, the Florida Housing Authority determined that Emma had deserted her Florida residence, which ultimately led to their decision to revoke her Section 8 voucher.

As you might imagine, this news was very hard to digest. In an effort to help her out, the case manager – Nordia Stone – offered a variety of motivational intervention strategies using CRT's proven approach through its STEPS case management program to keep Emma engaged in the services that CRT is able to provide.

## Hard work and perseverance pay off

While work was being done to try to keep her home in Florida, the case manager also worked with Emma to help her try to find permanent housing here in Connecticut. They worked together to complete housing applications for Section 8 and lowincome senior housing in Hartford and other cities around the state. This was not an easy process, and continued into July of this year. During that time, Emma lived with her mother, and then with her son, but she still wanted to live independently.

The case manager worked with Emma to develop and follow a monthly budget plan.

By August of this year, Emma was able to obtain permanent, subsidized senior housing through CRT's Generations campus intergenerational housing program, operated by the CRT Meadows Real Estate and Development Corporation. Emma was also enrolled in CRT's Meals on Wheels program, and has nutritious meals delivered to her every weekday.

### An independent spirit

Knowing that she has both housing and nutrition services, Emma decided that it was time to end her formal relationship with CRT's case manager: Today, the two of them continue to communicate on a regular basis, and Emma knows that she has a support system in place, should she ever need it. "Nordia helped me in many ways, including much more than just housing, like help accessing the food pantry, and with vouchers for the bus," Emma says.

While Emma isn't sure if she will stay in Hartford – she confided that she still might want to go back to Florida – for now she is safe and secure.  $c_{1}$ 



Trevor wants to go back to school, possibly to study video game design. And, he wants to be able to start a family of his own someday.

## Medical Case Management Program Gives Young Man Much-Needed Boost

#### Trevor Campbell moved to the Hartford area earlier

this year to try to get a fresh start, but soon found himself in need of extra help. He had been homeless. He was using drugs and, among other things, had lost all of his personal identification. Additionally, due to all of the stresses in his daily life, Trevor had stopped taking his HIV medications. Things were looking grim.

## When time is of the essence

He was referred to CRT's Ryan White Medical Case Management (MCM) program which was started this year, and within weeks, Trevor was able to begin a complete turn-around.

The MCM program connects HIV-positive individuals to appropriate medical care providers and offers ongoing assessments and evaluations of clients' physical, emotional and psychosocial needs. The goal of MCM is to ensure optimal health outcomes for clients.

Medical case managers can provide limited financial assistance with medicalrelated bills and basic living expenses. In addition, they can provide links to government and private assistance.

Trevor, who is 23, started counseling with a Ryan White clinician at CRT using our STEPs case management approach, and then a highly focused effort was made to help Trevor secure needed resources.

Work was done to help Trevor get his Social Security card, birth certificate and state ID card. He was also able to get assistance with Food Stamps and health insurance.

He was able to secure temporary housing at a local hotel for a few weeks; and then was qualified for Rapid Rehousing. He should be moved into a new apartment in Hartford by the end of November: He'll have a place to call his own.

### Removing obstacles so Trevor can focus on his health

Now that many of Trevor's basic needs are being met, he will be starting antiretroviral therapy. The case manager from CRT's MCM program is working to secure the help of visiting nurse services in order to assist Trevor and help him stick to his schedule for much-needed medications.

Next steps for Trevor include looking for a job. His medical case manager will help introduce Trevor to CRT's Resource Center for help with his job search and resume writing.

## And begin to make plans for the future

While his situation was rough for a few months, Trevor is now thinking hard about his future. He wants to go back to school, possibly to study video game design. And, he wants to be able to start a family of his own someday.

Without the support of CRT's MCM program, things for Trevor might have turned out very differently.



Before moving in to The Retreat, Juan was addicted to drugs and alcohol, and smoking up to two packs of cigarettes a day.

## Starting Over: The Retreat Gives Juan Gonzalez a Place to Call Home

#### Juan Gonzalez is a changed

**man.** He came to The Retreat, CRT's assisted living facility in Hartford, back in 2011, in desperate need of help. He had been living in squalid conditions when a visiting nurse referred him to The Retreat in the hopes of helping him get his life back together.

With individual apartments for every resident, The Retreat offers seniors independent living coupled with appropriate medical care in a friendly, community-style environment.

## Every choice has consequences

Before moving in to The Retreat, Juan was addicted to drugs and alcohol, and smoking up to two packs of cigarettes a day. He freely admits that back then what began as a social activity quickly became habitual, and any spare money he had went straight to getting high. He was also dealing drugs as a means to make money. But all of this came at a hefty price. His wife and children left him; he spent considerable time in jail; and his physical health deteriorated. As Juan notes, "I was completely lost." But that decision to move six years ago changed everything for Juan. When he arrived at The Retreat, he was covered in sores, and only had with him the clothes on his back – and he had to get rid of those due to bed bugs at his former dwelling. He was brought to his new apartment, which was neat and clean, and he knew this was going to be the start of a new chapter in his life.

#### Time to make a change

Juan admits that he resisted the idea of making this change at first – but over time, he began to realize that this would be a complete turnaround from the life he had previously. Before The Retreat, Juan weighed less than 105 pounds – now he is at a perfect weight for his size. He is on dialysis three times a week.

He credits a former cafeteria worker at The Retreat named Ana who suggested that Juan try going to church. "I didn't believe her but eventually I went just so she'd stop bugging me about it," he says.

Juan says that decision had a big impact on his life. Six year ago he completely gave up using drugs and alcohol, and he quit smoking, too. He hasn't touched any of those substances since that time.

Today, his relationship to God and the church are a huge part of his life. He usually attends church four times per week. "The church taught me how to treat people," he says.

## It doesn't get any better than this

Today, Juan is actively involved in the day-to-day activities of The Retreat, regularly volunteering in the cafeteria and the kitchen, and helping many of the Spanish-speaking residents feel at home. "I love everybody here. I hate the street," he says.

Juan, who is 76 years old, is very popular with the other residents, and always ready to share a hug or a joke when passing by in the hallway. He also loves to get dressed up and go dancing, and is really looking forward to the holidays. "When Christmas comes, everyone is ready to dance with me," Juan says with a smile.

"A better place than this you're not going to find." **c** 



The community café is about more than just the food. "It is about the fellowship with other people, as much as it is about coming to eat."

## CRT's Community Cafés: A Hot Meal with a Side of Friendship

### If you brought Faith Gerber to a county fair

and took her to one of those booths where a guy tries to guess her age, she would win a prize every time. You would never guess that she's 95-years old and a great grandmother of four. She's spry, and she has a smile that lights up the room. And, she's a regular attendee at the lunches served by CRT's elderly nutrition program in the community café based in Vernon, Connecticut.

Faith is one of thousands of seniors living in Central Connecticut who makes the most of CRT's nutrition program, which offers both the sit-down hot lunches during the week, as well as a Meals on Wheels program for those who are home-bound.

#### Lunch is served

Faith has been coming to the café for more than six years now, and while she doesn't come every day, it is a consistent part of her routine. She likes the fact that the menu for the month is posted in advance, so that she can pick and choose the meals that she enjoys the most. Her favorite meals include the roast turkey, pot roast, and liver – although she says they don't serve that last one often enough!

#### But it is much more than just a hot meal

Of course, the community café is about more than just the food. "It is about the fellowship with other people, as much as it is about coming to eat," Faith says. Each meal in Vernon typically has 15 – 20 people enjoying lunch together. Faith grew up in Vernon, and has lived there her entire life. After graduating from high school she worked at a law firm and was there until she retired in 1970.

Her husband died many years ago, and today Faith lives on her own. While she cannot get around as easily as she used to, she still drives locally, and she likes to cook at home from time-to-time. At dinner time, she is usually with her daughter and family.

When Faith comes to the community café for lunch, she also has a job to do. She volunteers to help count the money that attendees leave in the decorated box before each meal. The suggestion is a donation of \$2.50 per meal, but people can leave whatever they can afford and no one is ever turned away for lack of ability to pay.

### Try it, you'll like it

Given everything that is provided at these lunches, with both a tasty meal and a good conversation among friends, Faith wonders why more people don't take advantage of the program. "People should try it out, and see for themselves – I bet they'll like it," she says. cit

## Events

CRT events are a wonderful way to spread good will about the impact of our work. Many of our events are geared towards raising much needed funds to keep our programs running.



### Bristol Stop & Shop Toy Drive

Many thanks to our partners at the Farmington Avenue Stop & Shop in Bristol, who organize an annual Giving Tree for our Bristol Head Start program!



### **CRT Promotes Child Abuse Prevention**

CRT promotes Child Abuse Prevention through a month-long celebration of activities emphasizing the importance of preventing child abuse. Parents come and write a promise to their children, and the teachers create boards to emphasize the importance of keeping children safe.



#### 26th Annual National Arts Program

More than 350 people came to Capital Community College to support local artists at our 26th Annual National Arts Program.





### 16th Annual Meals on Wheels Golf Tournament

The annual golf tournament was held at Keney Park Golf Course this past September to raise much-needed funds for a new custom delivery truck for CRT's Meals on Wheels program.

### Share your story with CRT

Do you want to be our next Community Action Portrait? Share your story with us, and we can share it with our friends and followers. Just use the Hash Tag below in your social media posts, and we will get in touch with you about next steps.

#### #CommunityActionPortraits







#### 2017 Feed the Children Hartford

CRT in conjunction with Feed the Children and PepsiCo hosted the 7th annual event for more than 800 families from Hartford and Middlesex Counties. Each family received 40 pounds of food and essentials - that's more than a week's worth of food!



## Community Action Rally at the Capitol

This past Spring, more than 200 community action advocates, participants and CRT staff members gathered at the Capitol building in Hartford for a rally to save vital services provided by agencies like CRT and affiliated organizations.



#### **Financial Literacy Institute Graduation**

A terrific group of 15 students graduated from CRT's Financial Literacy Institute, a 14-week series of highenergy classes where the group learned about credit, banking, household budgets, insurance and much more. The institute is free, and offered every fall.



### Hoffman Family Foundation Holiday Baskets

Year after year, the Hoffman Family of the Hoffman Auto Group, Inc. has given generously to help brighten the holiday season for our clients. Their support means that 200 families will have a holiday filled with the same laughter and joy as their more affluent neighbors and that their children will know the true meaning of the holiday season. CRT is grateful to Brad, Jeff and the entire Hoffman family for their annual tribute to the memory of their parents, Burton and Phyllis.







#### **CRT's 10th Annual Family Fun Day**

More than 200 families enjoyed the Family Fun Day at CRT's Locust Street Early Care and Education Center. Families had the opportunity to see a preview of our new Center for Healthy Families, a place that will offer parental support, clinical assessments, education and counseling to families who have children enrolled in our ECE facility. The highlight of the event was the visit from the Hartford Fire Department. Kids loved meeting the fire fighters, learning how fire trucks work and what to do in case of an emergency.

# Funders & Donors

Community Renewal Team gratefully acknowledges the following individuals, organizations and public agencies for investing in our mission. We are proud of the trust that is demonstrated with each gift, grant and contract. By funding CRT programs, each of those mentioned here makes an impact on the region's efforts to eliminate poverty.

#### **Federal Funding Sources**

Corporation for National and Community Service US Department of Agriculture US Department of Energy US Department of Health and Human Service US Department of Housing and Urban Development US Department of Justice US Department of Justice US Department of Labor US Department of the Treasury-Internal Revenue Services US Department of Veterans Affairs US Probation and Pre-Trial Service

#### **State Funding Sources**

CT Airport Authority CT Department of Children and Families CT Department of Correction CT Department of Economic and Community Development CT Department of Education CT Department of Energy and Environmental Protection CT Department of Housing CT Department of Labor CT Department of Mental Health and Addiction Services CT Department of Public Health CT Department of Social Services CT Department of Transportation CT Health and Education Facilities Authority CT Housing and Finance Authority CT Office of Early Childhood CT Office of Policy and Management

#### CT Office of Victim Advocate

#### **Municipalities**

Avon Bloomfield Canton Clinton Cromwell Deep River Durham Fast Haddam East Hartford Enfield Essex Granby Haddam Hartford Hebron Killingworth Manchester Middlefield Middletown Newington North Branford Portland West Hartford Westbrook Wethersfield Windsor Windsor Locks

### Foundations, Businesses & Organizations

A & A Office Systems

Aaron Marks Foundation Fund at the Hartford Foundation for Public Giving

AC Development

Achievement First Academy

Active TeleSource

Adam's/Tri-Town Foods

Advanced Behavioral Health

All Waste Inc.

American Ecumenical Catholic Church Parish of the Divine

American Federation of State, County and Municipal Employees

Anonymous 38 Fund at the Hartford Foundation for Public Giving

Anthem Blue Cross and Blue Shield

AR Mazzotta

Archdiocese of Hartford's 2016 Archbishop's Annual Appeal

Atlanta Psychological Associates

Berkshire Bank

Bernard Lieberman Memorial Fund of the Jewish Community Foundation of Greater Hartford

Bestech

**BOCA** Pharmacy

Boys and Girls Club of Hartford

Brackets for Good, Inc.

Braman Termite and Pest Elimination

Brothers Oil Company

Canel Lodge 700

Capital Workforce Partners, Inc.

Carol and Edward Wrobel Family Fund at the Hartford Foundation for Public Giving Cart Concepts

Cencap Federal Credit Union

Chase Glass

Chase Glass

Cohn Reznick

Community Health Services

Connecticut Association for Community Action

Connecticut Association of Latinos in Higher Education

Connecticut Coalition Against Domestic Violence

Connecticut Community Care, Inc.

Connecticut Health Foundation

Connecticut Natural Gas Corporation

Connecticut No Kid Hungry

Connecticut's Children/ Cacace Tusch and Santagata

Cordant Health Solutions

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Delivery Concepts East

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E. A. Patten Company

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East Hartford Department of Public Safety

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East Hartford Public Schools

Eastern Connecticut Area Agency on Aging

Eastern Connecticut State University Foundation

End Hunger CT!

Eversource Energy

Express Kitchens/ Star Hardware F & S Ironworks K & S Novelties Farmington Bank K and G Masonry Keney Park Golf Feed the Children Finn Dixon and Herling Landmark Partners Firefighters Local 760 Law Offices of Courtney P. Spencer, LLC First Congregational Church of East Hartford Local Independent Charities of America First Congregational Church/United Church Macca Plumbing of Christ Bloomfield Magnakleen Services, LLC Freeman Companies Main Street Office Center Goldfarb Family Mansfield Board of Education Student Activity Goodwin College Fund Graff Public Solutions, LLC Mansfield Paper Company Maple Hill Farms Grant Thornton Greater Hartford Marlborough Senior Center Grillo Services LLC MBH Architecture Grounds Guys McMahon Law Offices, PC Meals on Wheels America Halloran and Halloran Metzger Lazarek and Plumb Hands on Hartford Mitchell Fuel, Inc. Hartford Firefighters MJM Paving Hartford Foundation for National Arts Program Foundation Hartford Hospital Network for Good Hartford Parking Authority New England Wrecking Hartford Provision North Central Area Agency on Aging Hartford Steam Boiler North Main Race, LLC Hispanic Health Council Northeast Energy Home Depot Foundation Omega Phi Epsilon Hoopes Morganthaler Fraternity Rausch and Scaramozza One Digital **Operation Fuel Opportunity Works** Institute for Basic Judaism Partnership for Strong Intercontinental Holding Communities Company DBA Adam's/ Tri-Town Foods Philadelphia Insurance Company Interval House Philip R. Smith Elementary lewish Federation of School, South Windsor Greater Hartford Pratt and Whitney John R. Lindberg Fund at the Hartford Foundation Pro Insulation for Public Giving Pronto Printer of Journey Home, Inc. Newington

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Sweet Frog

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TD Bank Charitable Foundation

Team, Inc.

The Burton & Phyllis Hoffman Foundation

The National Electrical Contractors Association

The Village for Families and Children

The Waterford Group Charitable Foundation

Thomas Atkins Memorial Fund

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Travelers Championship

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UFCW Local 919

Unitarian Universalist Society-East United Bank

United Carpet

United Financial Bancorp, Inc.

United Food and Commercial Workers Union Local 919

United Illuminating

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UNUM UPS

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Williams Electric

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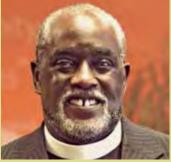


### CRT's Heritage Child Development Center

The Early Head Start program run by the Community Renewal Team in Hartford, CT embraces the flexibility of Roomscapes by Community Playthings to quickly adapt the classroom environment to changing enrollment along with the children's own physical and mental development.



## CRT Board of Trustees



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## 2016 Financials

### **Operating Support and Revenue**

#### **GRANTS AND CONTRACTS**

Federal	\$ 39,996,334
State	8,778,975
Private	I,723,685
Capital Projects – Federal & State	I,068,386
CONTRIBUTIONS	
CONTRIBUTIONS	
In-Kind	\$ 830,365

# Elderly Nutrition Program Contributions136,035Fundraising139,073Supportive Housing Contributions343,825

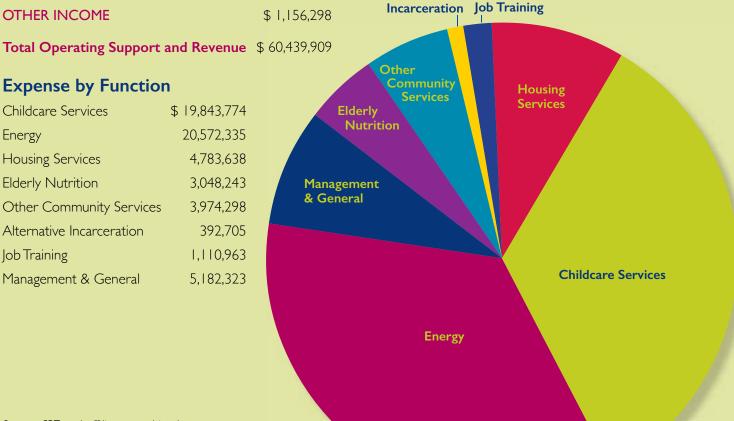
#### OTHER REVENUE

Education: Parent Fees and Subsidies	\$ 1,569,498
Elderly Nutrition Meal Subsidies	365,499
Catering	1,153,160
Child and Adult Food Program Subsidies	823,147
Patient Fee	1,381,648
Housing Services	777,539
CHEFA Debt Service	196,432
	<b>•</b> • • • • • • • • • • • • • • • • • •
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### **Operating Expenses**

Salaries and Benefits	\$ 25,545,187
Client Assistance	18,156,880
Materials and Supplies	5,672,830
Contractual Services	3,066,458
Occupancy	3,058,339
Other Expenses	1,800,303
Depreciation and Amortization	1,035,934
Travel and Transportation	532,598
Interest Expense	39,750
Total Operating Expenses	\$ 58,908,279
Total Change in Net Assets	\$ 1,531,630
Less Federal & State Captial Projects Proc	ceeds 1,068,386

#### Change in Net Assets Available for Use \$463,244



**Alternative** 

## Women's Empowerment Center

CRT's Finding the Wonder Woman Within Event and CRT's 8th Annual Tee Off With Women Golf Tournament kicked off efforts to support the development of CRT's Women's Empowerment Center. The purpose of CRT's Women's Empowerment Center is to raise awareness about issues affecting women and children; serve as a safe space for women to seek opportunities to change their lives; and provide holistic services benefiting women and children. The Women's Empowerment Center Committee is in full gear to plan events throughout the year in support of these efforts.



### 8th Annual Tee Off With Women Golf Tournament

Everyone had a great day during CRT's 8th Annual Tee Off with Women to End Domestic Violence golf tournament.



Community Renewal Team Changing lives... Creating opportunity!

555 Windsor Street Hartford, CT 06120 (860) 560-5600 www.crtct.org



## Finding the Wonder Woman Within

Finding the Wonder Woman Within, at Spotlight Theatres Front Street Bistro, was a very successful inaugural fundraising event to benefit the development of the CRT Women's Empowerment Center.

