



Connections. Community. Mental Wellness.

PATHWAYS

Prime Time House Newsletter

Fall 2022

HONORING THOSE DEDICATED TO MENTAL WELLNESS



After a two-year hiatus due to the pandemic, we were thrilled to welcome back supporters to our annual Garden Party on August 7th. Three friends were honored for going above and beyond to support those struggling with mental health: Rena Fitzgerald, Karin Lawrence, and Kathy Minck.

"What a sweetheart! Rena pitches in with the tasks we all need to get done. She has lots of energy and uses it positively. I always feel better when I see dear Rena. At our dances, Rena expresses such joy! What a treat! Everyone loves our Rena."

- Willow D, PTH Member

In addition to participating in our Clubhouse, Rena found a job with the help and support of our Career Services team. She brings her compassion and friendly personality to work as a home health aide. Despite working, she always makes time to be at Prime Time House and we are lucky to have her as part of our family.

Kathy Minck was honored for her dedication in starting Food Rescue US - NW CT, an agency committed to reducing food waste and food insecurity. Her work

has been a tremendous benefit to Prime Time House members. Not only do members have access to nutritious food items donated by local stores, farms, and bakeries, but they have also been hired by Food Rescue to do gleaning work at partnering agricultural sites.

Rena Fitzgerald always has a smile on her face, an infectious laugh, a kind word for others, and an ear ready to listen to anyone in need. Rena joined the Clubhouse 25 years ago and enthusiastically engages in the tasks needed to make the Clubhouse run while also taking time to support her fellow members. Rena is a leader who formerly served on our Board of Directors where she advocated for our members. She attended a training program for Clubhouse standards and is fondly known as the enforcer of these standards here.



Continued Garden Party Resumes After Two Year Hiatus -



Honoree Karin Lawrence brought a passion for helping other with her professional expertise in entrepreneurship, finance, and management when she joined our Board of Directors in 2002. She served terms as Vice Chair, Chair, and Treasurer until we finally let her retire in 2018. Since that time, she remains part of our Advisory Committee, and is one of our most steadfast supporters, cheerleaders, and advocates.



*“Gardens are not made by singing ‘Oh, how beautiful,’
and sitting in the shade.” –Rudyard Kipling*

Under the leadership of Board President Jeff Geddes our new volunteer Garden Committee has been busy beautifying and maintaining the Prime Time House Gardens. We are grateful to Jeff for leading the charge and motivating everyone with his countless hours of labor and gardening prowess.



This has truly been a team effort. A special thanks to board member Lisa Ferris for arranging the donation of five yards of mulch, which supplemented the 30 bags already purchased and spread. Jeff also recruited his father to help out. “If it’s important to my son then it’s important to me” said Eugene Geddes. We are grateful for this generosity of spirit.



CHEERS TO SUCCESSFUL CROWDFUNDING

PARTNERSHIPS & CROWDFUNDING → GENEROUS SUPPORT & SUCCESSFUL VENTURES

Partnering
With



Crowdfunding
Platform



Resulting
Donations

**\$12,834 from
81 donors**

**\$5,950 from
14 donors
matched with
\$5,000 from
NWCT Comm. Fdn.**

Programs
Supported

*Enables us to meet
the challenges of
providing mental
health services for
the most vulnerable
in Litchfield County*

*Fund a therapeutic
art program in
partnership
with Five Points and
NWCT Arts Council*

A PICTURE SPEAKS A THOUSAND WORDS



PATHWAY TO WELLNESS THROUGH ART

Prime Time House members and staff added their artistic flair and creativity to a two-paneled floral mural designed and painted by Steph Burr, Executive Director of the NWCT Arts Council. This was the first activity using art to improve mental wellness. The mural resides in our garden covering the entrance to our gardening shed.

Support from Northwest Corner Gives is allowing us to partner with Five Points Center for the Visual Arts to offer an art program to encourage self-expression, self-discovery, and emotional growth in a non-judgmental atmosphere. Art lessons will be held throughout the next eight months, culminating with a public exhibit of the works at the Five Points Annex Gallery in May, 2023.



GRATEFUL FOR HELP TO STOCKED OUR SHELVES



We've all noticed the increase in prices at the grocery store. In fact, according to the Bureau of Labor Statistics, food prices have increased 10.4% in the past year alone. Nearly every food item is now more expensive; with cereal increasing 15% and the price of eggs increasing 33% last year.

The resulting heightened food insecurity has caused our members to depend on our food pantry to access healthy foods and personal care items. We are especially appreciative of the support we receive from community partners to assure our shelves are well stocked.

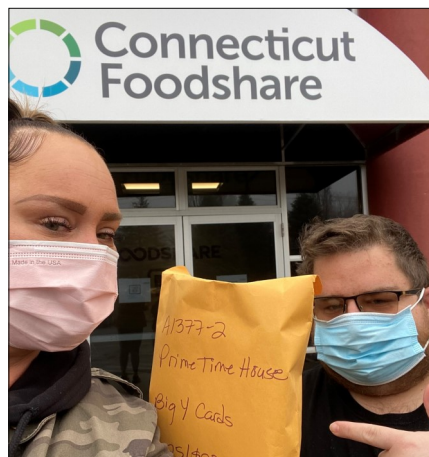
Our heartfelt thanks for the generous donation of \$6,000 from the **Union Savings Bank Foundation** in support of programs to assist those who are food insecure.



Stock the Shelves is an initiative started by a group of community leaders, three of whom are on our Board of Directors, to address the ongoing issue of food insecurity in Northwest Connecticut. The group is working with area businesses, civic groups, municipalities, schools, and churches to organize food drives on an ongoing basis throughout the year. The food is collected, sorted, and distributed to food banks and community soup kitchens in the region. We are grateful to be one of their recipients.



Prime Time House has been supported by **Food Rescue of NW CT** since its inception in 2016. We benefit from food donated from more than 60 farms, stores, and restaurants. In addition, Food Rescue has hired members during the summer to do gleaning work at local farms. This is truly a win-win; our members benefit from satisfying work, our kitchen and food pantry utilize the produce collected, and farms can donate their excess food before it is wasted.



Connecticut Foodshare provided us with \$500 worth of Big Y gift cards which were distribution through our food bank. Very often food banks have a variety of items available, but those items can range widely from week to week, making basic items not always available to those in need. Gift cards help supplement the available options at our food bank to help make food into a meal.

PRIME FINDS Home for the Holidays 2022

Join us at

PRIME FINDS Home for the Holidays

Donate gently used, high quality furniture, home & holiday décor.

Sponsor the store. Sponsorship is a great way to get the store off to a great start and demonstrate your support for our organization who is at the forefront of caring for those with mental illness.

Volunteer, it is not only rewarding, but fun as well. This is a wonderful way to demonstrate your care for those suffering with mental illness who need your help.

Shop unique goods at great prices. 100% of the proceeds benefit the programs at Prime Time House.



POP-UP COMMITTEE FORMED

Even though this is our seventh year, careful planning and thoughtful consideration goes into every aspect of running and organizing **PRIME FINDS Home for the Holidays**. This year we have **Susan McGowan** and **Kathy Minck** as co-chairs to our committee. In addition to the leadership skills of Susan and Kathy the committee includes the following:

Judi Armstrong
Christina Emery
Jeff Geddes

Luce Jakimetz
Pucci McGill
Jackie Miller

Sue Rea
Nancy Rogers
Kathi Weinstein

Nov. 19 - Dec. 30, 2022

PRIME FINDS Home for the Holidays 2022

Presenting Sponsor:



We are thrilled to announce that Torrington Savings Bank has joined us as “Presenting Sponsor” of **PRIME FINDS Home for the Holidays**. Since 2015, this event has raised funds to support essential mental health services while creating awareness about Prime Time House. In addition to Torrington Savings Bank as our Presenting Sponsor, we are also grateful to those businesses and individuals who have already joined us for our 2022 **PRIME FINDS Home for the Holidays**:

Tree Sponsors:

John & Luce Jakimetz

Ornament Sponsors:



Candle Sponsors:

Jeff & Peggy Geddes | Sue Rea



Wreath Sponsors:

Barron Financial Group | Christina & Jason Emery
Michael Kovalchik & Susan Vontell | Chip & Louisa Roraback | Elena Simoes

Friends of Prime Time House:

Barron & Company, LLP | Cara & Ken Blazier | Brooks, Todd & McNeil
Conquest Solutions | Eastside Electric | Lance Leifert & Lisa Ferris
Tom & Susan McGowan | Kathy & Fred Minck | Northwest Hills Credit Union
Kathi Weinstein | Sandra & Ed Zielinski

PRIME FINDS Home for the Holidays 2022



STORE SCHEDULE

November 19 - December 17
Wed - Saturday: 11 am - 5 pm
Sunday: 11 am - 3 pm
Closed Thanksgiving Day

December 14 - December 30
Mon - Saturday: 11 am - 5 pm
Sunday: 11 am - 3 pm
Christmas Eve: 11 am - 2 pm
Closed Christmas Day

Check www.facebook.com/primefindslitchfield for an announcement on our location!

JOIN US AS A SPONSOR



If there was ever a year to join us in sponsoring this major fundraiser for Prime Time House, it is this year. With the influx of newcomers to our area they will certainly be intrigued by these unique finds at great prices that our store offers. This is a wonderful way to advertise your business and demonstrate your community support for an organization who is at the forefront of caring for those with mental illness.

To sponsor visit www.primetimehouse.org, scan the QR code, or contact Kathi Weinstein at kweinstein@primetimehouse.org



Scan to Sponsor

NEIGHBORHOOD ASSISTANCE PROGRAM

Your contribution to Prime Time House provides opportunities for independence and growth through the world of meaningful employment. A corporate donation made before October 3, 2022 qualifies for a 60% tax credit through the Connecticut Neighborhood Assistance Act (NAA). For more information, please contact Christina Emery at cemery@primetimehouse.org or 860-756-0429.

PRIME FINDS Home for the Holidays 2022

“SALES ASSOCIATES” NEEDED



No matter what your talents or how few hours you can offer we could use your help. **The pop-up store is largely successful because of the dedication of volunteers who give of their time and talents during the busy holiday season.** To keep the store open is no easy task. Typically open for six weeks for a total of 179 hours, we need three volunteers per shift. Volunteers wear many hats – walking through the store to make sure everything is in order, cashing out customers, receiving donations, pricing donated items, re-stocking shelves, greeting shoppers and helping with purchases. All volunteers are required to attend a brief training before they work.

If interested in joining our team please contact Kathi at kweinstein@primetimehouse.org. You will be contacted by Jackie Miller who coordinates our volunteer efforts. She has done this since the inception of the pop-up store. This is a perfect example of how volunteers drive this endeavor.

DONATIONS ACCEPTED

We know what sells and what doesn't. **People want items in pristine condition, free of stains, cracks, chips, holes and tears.** Because there's no accounting for taste, consider re-gifting items you received but are not to your liking. This brand new merchandise often sells instantly!

WE DO NOT ACCEPT: Appliances, armoires, beds, car seats, clothing, computers, cribs, electronics, exercise equipment, high chairs, mattresses, office equipment, shoes or boots, strollers, stuffed animals, and TV cabinets.

Please do not drop off items at our storage site or store location when unattended. For a complete list of what we accept please visit our website www.primetimehouse.org/prime-finds-popup/ If you have a question about an item, please take a picture and send to kweintstein@primetimehouse.org. Please contact Kathi regarding donation drop-off dates, times, and locations.



WELCOME NEW BOARD MEMBERS

We are thrilled to welcome Lisa Ferris and Kathy Minck to the Prime Time House Board of Directors and Willow D. and Zack M. as Clubhouse Member Liaisons!



Lisa Ferris is the Dental Program Manager and Director of Community Relations for Brooker Memorial. Born and raised in Torrington, Lisa graduated from Oliver Wolcott Technical High School and currently resides in Goshen. She is active with the Northwest CT Chamber of Commerce and served as the chair of the WOW! Advisory Board for three years. Lisa also serves as a co-chair of the United Way of Northwest CT's Women's Leadership Initiative and is a member of the Building Healthier Communities Fund Advisory Committee. She is looking forward to expanding her reach in the community and making a difference in the lives of our Prime Time House members.

Lisa, along with Board members Jeff Geddes and John Seagrave started Stock the Shelves to address the ongoing issue of food insecurity in Northwest Connecticut.



After retirement as a management consultant in the financial sector, Kathy Minck wanted to give back to her Litchfield Hills community. Her passion for fighting food insecurity led her to start a Food Rescue US program in Northwest CT in January 2016. She has served as the Site Director for the last 5 years, reducing food waste and food insecurity in 15 NWCT communities and serving 30 local pantries. Over these last 5 years she and her team have delivered 1.6 million meals to individuals and families experiencing food insecurity and kept 2+ million pounds of food out of landfills. She was the 2018 recipient of the Susan B Anthony Community Service award and the 2019 Outstanding Business Outreach Award from Prime Time House for employing members for the seasonal farm gleaning program as well as decreasing food costs. In July, she was also named as a community leader during Covid by Litchfield Magazine. Kathy also serves as an executive board member of the Women & Girls Fund (part of the NW Community Foundation), raising money to support financial and career independence for local women and girls.

Willow D. and Zack M. were unanimously elected by Clubhouse members to serve as Board Liaisons. In this important role, Zack and Willow will provide a connection between the Board and members by attending Board meetings, communicating member concerns and possible solutions to the Board, and act as an advocate for their peers.

PLEASE JOIN US FOR OUR **ANNUAL MEETING**

September 20 | 5:30 PM
PTH Clubhouse Dining Room

Annual Program Updates
Election of Board of Directors
Light Dinner will be Served

RSVP TO KATHI 860-483-8964
KWEINSTEIN@PRIMETIMEHOUSE.ORG

ADVOCATING IN THE COMMUNITY



Wellness in the Park
Mental Health Awareness Fair
Thursday, May 19, 5:00-8:00pm
Coe Park, 101 Litchfield St., Torrington



Prime Time House is committed to raising awareness to fight stigma surrounding mental health. We were pleased to organize and host “**Wellness in the Park**” to kickoff a summer filled with advocacy, outreach, and collaboration. The event highlighted the variety of resources available in Northwest CT that promote mental wellness, counseling, and recovery services. Activities included music, laughter yoga, and community art to improve the mind, body, and overall mental well-being.



Prime Time House participated in **National Health Center Week’s The Chemistry for Strong Communities** events hosted by Community Health & Wellness in Torrington and Winsted to share information with individuals in need of support.

Our members and staff advocated for awareness and acceptance of those in recovery by participating in the global observance of **International Overdose Awareness Day** on August 31, 2022 at the State Capitol and at the vigil at Coe Park.



CLUBHOUSE TRAINING



Prime Time House recently sent a team comprised of members and staff to immerse themselves in the Clubhouse model by participating in a two-day training session at Genesis House in Worcester, MA. The team returned with new ideas to encourage members to get involved in the work-ordered day of the Clubhouse. This meaningful work offered by our Clubhouse creates a sense of ownership and responsibility that is critical to one's self-esteem and recovery.

VOCATIONAL SERVICES



Prime Time House believes that employment is critical to mental wellness as it offers a sense of purpose, the chance to be part of the community, and opportunities for growth. We are proud to partner with the State of CT—Bureau of Rehabilitation Services (BRS) to offer vocational support to individuals with disabilities including career exploration, interview preparation, job coaching, connections to training and workforce development programs, ongoing job counseling, and help negotiating accommodations.

SUPPORT FOR CAPACITY BUILDING



We are grateful to be the recipients of a \$15,000 Capacity Building Grant from the Foundation for Community Health. The Foundation created this program to support the ability of nonprofits “to function effectively, cope adequately, change appropriately and grow from within.” This generous award will allow Prime Time House to create a comprehensive Strategic Plan to guide efforts in meeting the evolving mental health needs of our community over the next three years.

FIGHTING HOMELESSNESS

Prime Time House is committed to partnering with local community providers to make measurable progress in ending the problem of homelessness, which disproportionately impacts those living with a mental illness. In collaboration with The Housing Collective, we are now providing Emergency Housing Voucher (EHV) case management services to help homeless adults and families find and maintain safe, decent, and affordable housing while increasing their self-sufficiency. Our bilingual case manager works to improve the individuals' capacity to remain housed by connecting them with crucial community support and helping them attain greater economic stability.



836 Main Street | Torrington CT 06790

