



Hockanum Valley Community Council, Inc.

ANNUAL REPORT
2010-2011

Hockanum Valley helps . . .



Dear Neighbors Helping Neighbors,

WE DID IT! 40 years ago we were incorporated and not only did we survive, we moved to a new location where we increased our client base, our services and our budget! This is something that we are all very proud of. Now that we are entering our 41st year of service, I am proud to say that we completed a five year strategic plan, have strengthened our position on services that we offer and look to our future with much enthusiasm.

So what does all of this mean? In a nutshell, we are a vibrant, strong and positive force to the communities we serve. We want to do our very best and not be "the best kept secret in Vernon". So you ask, "how do I help"? My answer is easy. Come and visit. See our day to day operations. Then you will know what you can do for us.

Sincerely,

David A. Engelson
Chief Executive Officer





KBE Building Corporation brought in a check for \$759.00, from their "dress down days". The owners matched the donations raised by the employees.



Staff and volunteers lend a helping hand to feed our clients on Christmas Day @ *Rein's Deli*.



Local Faith Groups, Organizations & Individuals regularly donate to HVCC.

Neighbors Helping Neighbors



Manchester Honda donated a 2002 Honda Odyssey to HVCC in December.



Stop & Shops Rockville & Vernon vs. Stop & Shop Manchester Food Drive on Nov. 20-21 proved to be a fierce competition. The winners were the clients of both MACC & HVCC, with more than 32,574 food items & 1,735 turkeys brought in.



The Boy Scouts Troop 86 collected 10,000 pounds of food on Sat. November 13.

VOLUNTEER APPRECIATION DAY

April 14



STAFF

David A. Engelson, Chief Executive Officer
David M. O'Rourke, M.A., M.S., Chief Operations Officer
Stephanie Charney, Chief Financial Officer

Carole Bavier, Volunteer Coordinator
Debora Boyette, Transportation Dispatcher
Joan Cadieux, Elder Services Coordinator
Willie Hayes, Pantry Support
Steven Jackson, Case Manager
Michele Lundberg, Courier Service Coordinator
Carol Maylott, Coordinator of Transportation Services
Faith Provencher, Pantry Coordinator

SUPPORT STAFF

Heidi Bearse, Administrative Assistant
Donna Stovall, Administrative Assistant

GOOD CENTS STAFF

Alex Agro
Barbara Dean
Leslie Dinardo, Manager
Ruth Hoffman
Barbara Maleski
Takmeela Shafique

CLINICAL STAFF

Leela Panoor, M.D., Medical Director
Shawna Schnitzke, MSW, Director of Counseling
Erica Dudley, M.S., C.R.C., Ass't. Director of Counseling
Megan Donnelly, MSW, Clinical Services Coordinator

Gema Guanco, M.D., Psychiatrist
Karen Affricano, C.A.C., Clinician
Tamara Bojarski, MSW, Clinician
Gloria Carlson, LCSW, Clinician
Carol Dudley, RN, LCSW, Clinician
Jenifer Gietek, MSW, Clinician
Allison McKee, MSW, Clinician
Terri Ouellette, MSW, Clinician
Casey Smith-Speirs, MSW, HIV/AIDS Specialist
Sam Stovall, FVEP Counselor
Parveen Vohra, M.A., Clinician

SUPPORT STAFF

Carrie Gumkowski, Executive Assistant to C.O.O.
Crystal Milliken, Receptionist
Michele Perkins, Administrative Assistant
Judy Schnitzke, Administrative Assistant
Celia Wheeler, Officer Manager

OUR DRIVERS

DIAL-A-RIDE

Pat Aldrich
David Balon
Lou Ciccaglione
Judith Csenge
Carol Frigo
Art Hohs
Margarita Pena
Ann Percy
Kathy Ann Sherakow
Leonard Thomas
Richard Tutko



COURIER

Leslie Colon
Jennifer Moreland
Lisa Gagnon
Greg Giard

GOOD CENTS TREASURES

For the past 5 years, Good Cents has had an enriching and beneficial partnership with the Rockville High School work experience program. The students who have completed a work experience at Good Cents have benefited from the nurturing and supportive environment. They are exposed to various job skills and more importantly an opportunity to work on appropriate social skills at the workplace. Good Cents continues to receive donations from a very generous community, which allows us to continue to provide low cost clothing and household needs for low-income families. We also offer clothing vouchers for people who are without funds. The small surplus generated by the store helps to fund the much-needed programs at HVCC. We have a wonderful team of employees and volunteers at Good Cents.

TRANSPORTATION

The Dial-a-Ride program has provided over 31,900 rides to area residents during FY 2010/2011 covering over 140,625 miles. The Dial-a-Ride program in Ellington, Tolland and Vernon started collecting \$1.00 donation each way per ride. We have taken on a courier service, and now have 4 full time courier routes contracted through Eastern Connecticut Health Network. Our couriers transport medical specimens to and from local doctors' offices and hospitals.

COUNSELING SERVICES

HVCC's counseling department is a licensed outpatient clinic serving area residents experiencing emotional, behavioral and/or substance abuse issues. Services available are individual, group, and family therapy, couples counseling, and medication management.

HVCC's counseling services has been very busy over the past year. The clinic has added an additional 21 hours per week of staffing hours due to the increased need. A third psychiatrist was added due to more clients suffering from mental health and substance abuse issues needing medications. From July 1, 2009 - June 30, 2010, the clinic had acknowledged 11,759 appointments (this includes all services). From July 1, 2010 - June 30, 2011, the clinic has acknowledged 14,418 appointments (this includes all services). HVCC has increased the number of Family Violence Education Program (FVEP) groups per year. The Parenting Education Program (PEP) also has increased the number of cycles and the number of participants. HVCC has a HIV/AIDS Prevention program funded by the Department of Public Health, prevention staff have seen over 100 clients. HVCC was granted a separate substance abuse license from the Department of Public Health during this year.



ELDER SERVICES

Our primary goal continues to be to help seniors obtain services that enable them to live in a safe, stable home environment as they age. In addition to our traditional services, this past year we took on two new initiatives.

The first initiative was the formation of a network of Vernon service providers who support the elderly. The Vernon Multi-Disciplinary Team (VMT) is an impressive team comprised of social service agencies, senior housing representatives, healthcare providers, Emergency first responders, Vernon Police and EMS, Legal Aid, the Health Board, home care service coordinators, transportation service providers, probate court – all meet monthly to cross educate and brainstorm to help solve complex client situations.

The second, was to offer Educational workshops for seniors from our new location and feedback has been very favorable. In collaborative arrangements with other service providers, seniors enjoyed learning ways to keep their memory sharp, reasons and ways to eat healthier and to recognize signs of depression.

Other HVCC services that benefited approximately 200 seniors of the over 60 population this past year included:

- ✦ Medicare, Medicaid and other entitlement assistance: 40 hours
- ✦ Social Support (Coordinating multi-agency services for clients): 100 hours
- ✦ Personal Assistance/Friendly Visitors assignments (volunteer provided assistance): 800 hrs
- ✦ Home assessments/Outreach: 50 new clients
- ✦ Reassurance, Client status, Collateral calls: 2,000 calls
- ✦ Recreation/Socialization activities: 100 hrs
- ✦ Transportation Coordination: 400 rides
- ✦ Mental Health Counseling: 240 hrs
- ✦ Food Delivery to homebound clients: 670 deliveries

We are grateful to the many volunteers who contributed their time and talents for the well-being of our seniors.

FOOD PANTRY

The Food Pantry is an emergency food source for Vernon, Tolland and Ellington. It's a free service. Our primary focus is providing nutritious food items along with opportunities to access additional internal and external social services.

The Pantry is supported by acquisitions from Foodshare, the regional food distributor, and donations of food and services received throughout the year from Vernon schools, local businesses, area churches and individuals.

The numbers of individuals and families in need of our service continues to grow; 4,597 individuals were registered for food in 2010/2011. On average, 528 bags of food were distributed a month. Families consisted of 317 seniors, 2,366 adults and 1,914 children. During the 2010 holiday season, over 1,300 food baskets and/or gifts were distributed.

In addition to food from the Pantry, clients could take advantage of the following workshops and services:

- ◆ Shuttle Service to and from the Pantry
- ◆ Farmers Market Coupons
- ◆ Haircuts
- ◆ Pet Vouchers for free spaying or neutering
- ◆ Dental Workshop
- ◆ Coupon Workshop: Learn how to shop with coupons
- ◆ Nutritional Cooking Classes
- ◆ Gardening Workshop: Grow your own vegetables
- ◆ Thrift Store Shopping at Good Cents
- ◆ On site representative from East Hartford Community Healthcare (access Health, Dental care)
- ◆ Seventy-five school-aged children received backpacks filled with back-to-school supplies.

We have over 50 dedicated volunteers working for the pantry. While some are visible, others work behind the scene on special projects picking up food from local grocery stores or dropping off food to our homebound seniors. If it were not for our volunteers, we wouldn't be able to provide the services we do. We appreciate their dedication to our clients and agency.



Feed The Hungry
Lunch
@ Rein's Deli



We raised over \$40,000 at the 40th
Anniversary/Fashion Show on May 4.

NYC Brunch on November 13 with Chef
Neil Kleinberg and DeDe Lahman was a
huge success with delicious food!



FUNDRAISERS

Ongoing - Donate & Dine

Ongoing - Food drives throughout the year

**August 18, 2010 - Funny Bones Comedy Club
(with C.A.S.T.)***

October 2010 - Lyman Orchard Pie Sales

October 16, 2010 - Shop For A Cause @ Macy's

October 19, 2010 - Feed the Hungry Lunch @ Rein's

November 13, 2010 - NYC Brunch

February 13, 2011 - Valentine Brunch

March 2011 - Butter Braid Sales

March 18, 2011 - Bill McGurk Roast (with C.A.S.T.)*

March 22, 2011 - Feed the Hungry Lunch @ Rein's

March & April 2011 - Einstein Challenge

May 4, 2011 - 40th Celebration/Fashion Show

June 2011 - Golf Tournament (with BSBI & MACC)**

June 2011 - Travelers Championship

* C.A.S.T. (Community Allies Serving Together): HVCC, ECHN & VNHSC

** Beth Sholom B'Nai Israel Brotherhood & Manchester Area Community Churches

BOARD OF DIRECTORS

J. Renee Irvin, *President*, Ellington
Kevin Murphy, *Interim President*, Glastonbury
Jon-Paul Roden, *Treasurer*, Vernon
Susan Stack, *Secretary*, Ellington

Yale Cantor, Ellington	Todd Rose, Stafford
David Engelson, Vernon	Jeff Smith, South Windsor
Rashid Hamid, Tolland	Mark Spurling, Ellington
Ron Hrubala, Ellington	Nicholas Statoulas, Manchester
Joe Jeamel, South Windsor	Lenora Williams, M.D., Ellington
Kathy MacLean, Vernon	

HVCC FOCUS GROUP

Heidi Bearse	Dr. Jerry Lahman
Stephanie Charney	Robin Lockwood
Richard Donegan	Kathy MacLean
David Engelson	Angela McKone
Susan Engelson	Don Sierakowski
Leroy Hay	Donna Stovall
Steve Kassman	Celia Wheeler
Donna Karl	Patti Woolwich
Nancy Lahman	

HVCC YOUNG PROFESSIONALS

Erin Cha	Meghan Scranton
Bela Gomes	Meghan West
Adam Jeamel	Keith Wolff

WORKING TOGETHER

C.A.S.T.: Community Allies Serving Together

ECHN

VNHSC

HVCC

Woodlake at Tolland

Rockville Bank

Sponsored Roast for Bill McGurk



BSBI, HVCC & MACC

BSBI: Beth Sholom B'nai Israel Brotherhood

HVCC: Hockanum Valley Community Council

MACC: Manchester Area Community Churches

Sponsored 15th Annual Todd Abitz Memorial Golf Tournament



Our Mission

Hockanum Valley Community Council, Inc. is an independent non-profit human service agency. It is dedicated to meeting the needs of residents of the Tolland County Area. HVCC provides services to individuals and/or families in a manner which will promote independence while assuring that basic needs are met regardless of ability to pay.



Administration: 860-872-7727
Fax: 860-870-6644
Counseling: 860-872-9825
Fax: 860-870-9384
Elder Services: 860-872-9825
Good Cents Treasures: 860-871-1959
Pantry: 860-872-7727 ext. 30
Transportation: 860-870-7940
Web Site: www.hvcchelps.org
Email: hvcc@hvcchelps.org

FIND US ON FACEBOOK!

HVCC
29 Naek Road, Suite 5A
Vernon CT 06066

PANTRY HOURS

Monday 9 - 12
Tuesday 10 - 1 and 5 - 7
Wednesday 9 - 1 and 4 - 6
Thursday 9 - 1
Friday 9 - 12

COUNSELING HOURS

Monday through Thursday 9 - 8:30
Friday 9 - 1:00

GOOD CENTS TREASURES

Monday through Saturday 10 - 5
Closed Sundays