

House Republican Press Release

December 7, 2007
Press Office: 860-240-8700

A VIEW FROM THE INSIDE
State Representative Ruth Fahrbach



**PLEASE REMEMBER THE LESS
FORTUNATE**

With the holiday season upon us and the onset of a New Year just around the corner, I would like to offer a reminder to take the time to reach out to the less fortunate or those who are alone during the holidays. It seems as though each year, the holiday season gets busier and busier, leaving less and less time to reflect on just what it is we are supposed to be celebrating. Many people often feel as though they just don't have the time to do anything more, but I can tell you that by taking a few moments over the next two weeks to give a little bit of yourself to someone else, you will feel truly revitalized and better able to enjoy the holidays.

Aiding those in need can help to put into perspective what the real priorities in life are. Charitable acts have a way of offering a relief from the stress that can be associated with the holidays, replacing it with a sense of appreciation for the blessings we some times take for granted. Often times those in need are right in front of us, an elderly neighbor, someone who works with or for you, or maybe it's a complete stranger who is need of a helping hand. As joyous as this season can be, for some it can be a very trying and lonely time, especially if they have recently lost a loved one or are experiencing personal difficulties. By simply taking an hour or two of your time, you can potentially benefit someone else for a lifetime, with just a simple act of kindness.

There are several charitable organizations in Connecticut offering aid and support to a variety of causes. Here is a partial list of some of the local groups and not for profits that are working in our communities.

The Windsor Food Bank (860) 683-1068 Made possible through donations, the fund-raising of the Windsor Community Service Council, and the efforts of staff and volunteers. The Food Bank includes an assortment of canned and packaged goods, frozen meats, and fresh produce.

Goodwill Industries of the Springfield/Hartford Area, Inc. (413) 788-6984 Provides educational/vocational training, family support and services to people with disabilities and special needs in Greater Hartford and Western Massachusetts.

Emergency Aid Association, Suffield (860) 668-1986 Emergency Aid is an independent non-profit organization that provides health and social services which positively affect the well-being of Suffield's residents during periods of family or personal need. Among the services Emergency Aid provides: medical subsidies, food pantry, medical equipment loans, holiday baskets, blood pressure screenings, medical transportation, meal subsidies, immunizations, preschool vision and hearing screenings, babysitting courses.

Loaves and Fishes Ministries, Inc. (860) 524-1730 By feeding, education, training and counseling programs, Loaves & Fishes provides support services for individuals and families below poverty level trying to move towards independence.

Tri-Town Shelter Services, Inc. (860) 875-9702 Provides twenty-four hour shelter, related services, information and referrals to homeless individuals and families in need of assistance.

United Way of North Central Connecticut (Enfield) Supports local agencies providing emergency assistance, youth development, substance abuse counseling and home/community health services in East Windsor, Enfield, Somers, Suffield and Windsor Locks.

Capitol Region Conference of Churches (860) 236-1295 Founded in 1900, empowers welfare recipients and low-income seniors, provides companions for isolated elderly and chaplains for institutions.

Foodshare Commission of Greater Hartford, Inc. (860) 688-6500 Greater Hartford's Food bank since 1982. Foodshare distributes donated food to non-profit programs that feed hungry people.

Make A Wish Foundation, CT Trumbull Chapter. (203) 261-9044 A Connecticut Chapter that works to make the dreams and wishes of terminally ill children come true.

My Sisters' Place, Inc. 860-549-1634 Provides emergency, transitional, and/or permanent housing for those who are homeless or who are at-risk of being homeless, particularly women and children.

Salvation Army-Southern NE Division (860)-543-8400 Social ministry motivated by the love of God. Its mission is to meet human needs in His name without discrimination.

South Park Inn, Inc. (860) 724-0071 Provides emergency shelter, temporary and permanent supportive housing, meals, case management and other services for up to 150 homeless men, women and children daily.

Cornerstone Foundation (860) 871-1823 An all volunteer multifaceted organization consisting of a soup kitchen, home for recovering substance abusers, a home for teenagers and a clothing bank.

Also, you may wish to call your town's social services director to see what you can do to help people in your town. Remember this is the season of giving and the beginning of a new year, how wonderful it would be to give the gift of a new beginning. Happy Holidays!

Rep Ruth Fahrbach represents the 61st District, including Suffield, and parts of Windsor and East Granby, in the General Assembly.