



Friends In Service Helping

FISH is a local organization, providing for our neighbors and supported by our community



A message from Jim Peckham, Executive Director

Over the past few years, people in the community have asked me why FISH “deserves” their donations with so many other nonprofits requesting support. They know that all donations received by FISH stay in the community to help those in need; however, they are surprised at the number of services FISH provides which are not provided by other nonprofits. Our services include a free Dining Room, Food Bank, Homeless Shelters, Tooth Extractions, Clothing, Winter Coats, Showers and Laundry, Ross Medical Clinic, Utility Assistance, and more as needed by individuals.

We have asked the community to distribute “Dignity Cards” to pan handlers directing these folks to FISH for services instead of giving out cash. At FISH, people can receive a wide array of services which help them overall instead of a bit of cash which is gone almost immediately.

Today, we are proud to announce our new FACS database (FISH Application for Client Services). Using secure “cloud technology” FISH has implemented a program

which is becoming a data repository hub for our partner nonprofits. FACS will enable FISH and its partner non-profits and government organizations to coordinate client services. Via secure log-in, an organization that is providing services to a client will be able to see the services FISH and other organizations have provided to the client; view the self-sufficiency goals that have been jointly created between FISH and our clients; and see client progress toward their goals. The organization can also record the services and financial support that they are providing to the client.

This sharing of information via a secure internet connection will reduce duplicate efforts and help avoid conflicting goals for the clients... making all of our partner organizations more efficient and cost effective.

In addition, after we finish the roll-out of FACS in our local area, FISH will provide this software for free to other Nevada communities that may wish to improve their



coordination of services and enhance their reporting capabilities. FISH will continue to provide great services to our local community and to share “best practices” with other communities.

FISH wishes you all a great holiday season.

As you enjoy your holidays and the beautiful fall weather, please remember our neighbors and consider a donation to help us provide a better quality of life for people!

Volunteers Needed!

Are you looking for an opportunity to volunteer your time in a meaningful position? We are looking for volunteers to assist in our Intake & Referral office. This position is critical for FISH to provide services to clients. Volunteers conduct face-to-face client interviews, gather information and assess needs, then provide services and referrals as appropriate. Volunteers should be able to show empathy and understanding while providing motivation and encouragement. Volunteers will be entering data into a computer. Bilingual Spanish volunteers are needed as well. If you are interested, please contact Tony Zhering, Volunteer Coordinator at tony@nvfish.com, or call Tony at 775-882-3474.



What Does FISH Do?



- F** – **FOOD** in our dining room and from our food pantry
- I** – **INDEPENDENCE** through information, referrals & accountability
- S** – **SHELTER**, both emergency and transitional
- H** – **HEALTHCARE** in our free medical clinic and help with prescriptions

Are you aware that FISH provides necessary services to the needy in our community? Our mission is to provide food, clothing, shelter and healthcare to the homeless and hungry within our community, with the objective to provide programs and referrals for families and individuals so they may become self-sufficient. FISH serves low-income (150% or less of poverty level) and no-income residents of Carson City, Douglas, Lyon and Storey counties. Together, we make a difference in the lives of our community's needy citizens!

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.



Wine & Daylilies Daze

If you weren't in attendance at the 2nd Annual Wine & Daylilies Daze at the Greenhouse Garden Center on June 20th, you missed a great event!

Sponsored by David & Julie Ruff, this event has been popular since it was first introduced in 2012. Featured were Jeff Corbett and his daylilies (beautiful!), wine tasting hosted by Tahoe Ridge Winery, mu-



sic by Barbara Baxter, chair massages by Shasta Leonard, and imported olive oils donated by Chef Don Pepe. Thanks to the Ruff's and Greenhouse Garden Center Staff, especially Mary and Kate, who worked tirelessly to make this event a success. Proceeds went to FISH to help us fulfill our mission to provide necessary services to needy individuals and families in our community. We hope to

FISH Board of Directors



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Visit FISH on the web
www.nvfish.com

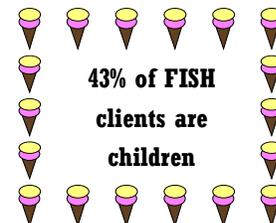
Thank you FISH donors!
Congrats to all of our FISH donors who made a difference in the lives of many people and enabled FISH to provide the highest level of services in our 30-year history!

Effects of Hunger and Homelessness on Children

A large percentage of the clients served by FISH are children (43%). Children who are homeless or at risk of homelessness, or who are experiencing hunger are more likely to underachieve academically, suffer abuse and neglect, develop behavioral and socioemotional problems, develop physical health problems and experience developmental delays (American Psychological Association "Effects of Poverty, Hunger, and Homelessness on Youth and Children" Retrieved from the World Wide Web May 14, 2013 <http://www.apa.org/pi/families/poverty.aspx?item=2>). **FISH can substantially alleviate suffering by providing shelter, food, and clothing as needed and by helping these clients succeed economically, academically and socially.**

Gardnerville-Ranchos Dining Room

FISH is establishing another Family Dining Room to provide free meals in a densely populated area of Douglas County, Nevada, called "The Gardnerville Ranchos." This area has a substantial number of families who are living in an economically grey area where they do not qualify for food stamps and other state assistance but yet do not earn quite enough to make ends meet. The need is demonstrated by the high number of students who



receive free or reduced lunches compared to the rest of the county. It is expected to cost about \$105,000 to establish this dining room. Katrina Rowe, Thrift Store Manager, in Gardnerville is heading up the fundraising efforts for this project. If you have questions, or would like to assist in this effort, please call Katrina at 783-1455.

July 1, 2012 - June 30, 2013	
19,142	people receiving help
43%	are children
1,482	new families
207,819	total meals
29,100	dining room meals
15,577	nights of lodging in shelters
44	average shelter residents per night
1,302	thrift store vouchers (clothing, household items)
966	Ross Medical Clinic patients
320	families receiving utility assistance
1,683	showers provided
1,104	laundry services provided
447	free winter coats given out
2,119	holiday meals

"Like Us" on Facebook!



Thrift Stores

As you drive through Carson City, Gardnerville and Mound House, you probably notice the FISH thrift stores located in these areas. A common misperception is that FISH is a "thrift store." Actually, the thrift stores provide 37% of FISH's income throughout the year. Every donation to a FISH thrift store helps us to continue providing services to the poor and needy in our community. Check out the stores at the following locations:

- | | | |
|---------------|---|---------------------|
| Carson City: | 138 E. Long St. Carson City, NV 89706 | 775-882-FISH (3474) |
| Gardnerville: | 1231 Service Dr. Gardnerville, NV 89410 | 775-783-1455 |

Client Services Manager
Beth McCreedy-White



Beth joined FISH as the Client Services Manager in July 2013. *"The great thing about my position is that I am on the front lines of seeing the immediate impact of how our services help people."* Beth is married to an amazing man, Bill, who is Lead Pastor at LifePoint Church. They have 2 children, Mac, (17) and Rachel (13). *"Our life is full and we are blessed."*

Welcome New Employees!

Bookkeeper
Ardin Patterson



Ardin joined FISH as bookkeeper in July 2013. *"I am expanding my skill sets and loving every second. Every day I learn new things!"* Ardin is mother to a beautiful baby girl, and she enjoys being outdoors, writing and drawing. She is currently writing a fiction novel!

Cashier
Debbie Darr



Debbie joined FISH as cashier in March 2013. She gets to wear many hats at FISH. *"As a cashier, I get to be kind, help customers find the best merchandise and clients get what they need. It's extraordinarily fulfilling!"* Debbie has fabulous kids and she loves her birds!

Cashier
Shawna Cardella



Shawna joined FISH as cashier in May 2013. *"I love that we work together as a team. I get to meet lots of interesting people and there's no such thing as a dull day."* Shawna has four children and loves to write, especially poems. Giving back is a way of life for her and her family.

Upcoming FISH Fundraisers - Don't miss the fun!

- **10/14-10/31 Trick or Treat for FISH** (Call Tony at 775-882-3474 ext. 109 or email tony@nvfish.com). In cooperation with local schools, children and their parents "trick or treat" for food which is then donated to the Food Bank and given to people in need.
- **12/6 Empty Bowls**. Empty Bowls is a grass roots movement to end hunger (<http://www.emptybowls.net/>). Join us for a bowl of soup and a cup of hot chocolate during the Capital Tree Lighting Ceremony. Local artists are donating handmade bowls, which you purchase and then are filled by local restaurants. Proceeds go to FISH so it can continue feeding the hungry in our community. Contact Robin 775-313-8628 or email: emptybowlsgcc@yahoo.com.

For more information visit: www.nvfish.com

Client Highlight—Victoria Spurlin

I heard about FISH when I lived in Gardnerville and used the food bank when I needed it. Twice in the last 2 years I have needed a place to stay and FISH has provided a bed in the shelter for me and my daughter.

Two years ago, when I was in the shelter, Bikers for Christ came and offered me a ride to church, so I started going to church regularly with them. As a result I started changing my life and within a few weeks I started school so that I could get a job to support myself and my daughter. Neither one of those things would have happened had I



not come to the shelter. Normally a shelter stay is limited to 90 days, but FISH gave me an extension so I could continue going to school until my student loans came through. John, the shelter manager, helped me get into an apartment and then we were stable for a year. I was able to pay my rent and finish school. After I finished school there was a period of time where I was

without income and I needed to take tests to obtain my license as a cosmetologist. Again FISH gave me and my daughter a bed in the shelter, which enabled me to obtain my license.

While I was in the shelter I became very ill and entered the hospital for a few days, during which time FISH looked after my daughter and kept her safe, for which I am very grateful. I do not have any family in this area, so FISH acted as my family to take care of us in our time of need.

My plans are to continue my job search and find a job in

my field, as a cosmetologist. Then I can get an apartment and support myself and my daughter.

I am very grateful to FISH for their support. I do not know what would have happened to me and my daughter without the shelter.

It is important to me to be able to give back to my community for their generous support. I hope to help out by establishing a free hair cutting service for FISH clients. I only know one thing for sure: the future looks much brighter for me and my daughter because of FISH.



Volunteer Spotlight—David Hall



David Hall is an important volunteer at FISH. His service has enabled us to serve many people in the last couple of years. Following is his story:

FISH: When did you start volunteering at FISH? **David:** I first started volunteering at FISH in August 2011. At the time I was also working a full time job in the evenings. I was volunteering at FISH during the day and working at night until February 2012 when I was laid off from my job. Since then I have been searching for fulltime work, and, although I have worked the occasional temporary job, I have not been able to find full time work. I keep volunteering at FISH while I am looking for work. But with the state of the economy, jobs are not plentiful. I



am experienced in inventory control, forklift certification, warehouse management, and am a machinist by trade.

FISH: What is your volunteer position here at FISH? **David:** I work mostly as a Food Bank Volunteer, but I have helped in other positions, such as driving the thrift store delivery truck and in the store stocking and sorting.

In the food bank I stock food, keep the commodities inventory, keep the dining room freezer organized, drive the forklift, and drive the truck to pick up food and bring it back to

the food bank. I organize and train other volunteers and I also put together food boxes for individuals and families.

FISH: How many hours do you volunteer each week? **David:** I volunteer an average of 40 hours per week here at FISH. I have missed only one day in two years, and sometimes I work on Saturday in the kitchen, or the store, or in the food drives, or putting together the holiday food baskets.

FISH: What keeps you volunteering? **David:** I like working with people and I enjoy being active. What keeps me volunteering is people's needs. With the economy being the way it is, people need help. By volunteering my time I am helping FISH to help other people. It's gratifying to give food grants to people and to hear a thank you once in a while. I feel I am actually helping out with their needs and giving them peace of mind. I can see it in their faces and I hear the thank you.

"It's gratifying to give food grants to people. I feel I am actually helping out and giving them peace of mind. I can see it in their faces and I hear the thank you." - David Hall

Have you seen our new Food Bank Delivery Truck? Check it out!

Walmart provided a generous grant to replace the FISH Food Bank delivery truck. FISH currently distributes food to food bank locations in Carson City, Douglas, Lyon and Storey Counties. This service provides more efficient food distribution because people can obtain the food they need in the community in which they live, thus effectively extending the services of our primary Food Bank location in Carson City. It also ensures that rural food banks can

Walmart Donates \$25,000 for New Food Bank Delivery Truck

keep a supply of food on hand to provide to people in need. The Food Bank delivery truck is critical to the operations and distributions of food and commodities within the four communities where we operate. Walmart's grant has also enabled FISH to open a food bank location in Lyon County. This food bank will serve people in their community and reduce the need for travel to Carson City.

Thank You Walmart!

Pictured below is 10-year old Cassidy Sterner, who, with his father Ewell Sterner, founded *Hunger At Home* in San Diego, California. Ewell Sterner graciously granted FISH permission to use the photograph on our Food Bank Truck. Thank you Cassidy!

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Thank You Generous Donors!

FISH is grateful to our corporate and individual sponsors. Some major donations have been received in 2013 which have significantly impacted our ability to provide services. It is exciting to see our community pull together to meet the needs of its residents. We are grateful for every donation! 95% of our budget comes from local donations and thrift store sales. Thank you to all donors! Together you all keep FISH operating! For more donor highlights, visit www.nvfish.com.

- ⇒ Aaron's donated \$500 to support the Carson City dining Room.
- ⇒ Bank of America donated \$4,500 for the Carson City dining room.
- ⇒ The Change Companies donate booklets for our Life Skills Classes which help people gain skills to achieve independence.
- ⇒ El Dorado Savings Bank donated \$500 to support the Carson City Dining Room.
- ⇒ E.L. Cord donated \$5,000 toward the cost of a replacement homeless emergency shelter van.
- ⇒ Greater Nevada Credit Union donated \$1,000 to offset costs of software coding.
- ⇒ Heritage Bank of Nevada donated \$500 to support the Carson City Dining Room.
- ⇒ Kohl's donated \$1,500 to support the food bank.
- ⇒ The Nell J. Redfield Foundation donated \$5,000 to offset costs of software coding for FACS.
- ⇒ Nevada State Bank donated \$2,500 to offset costs of software coding for FACS.
- ⇒ NV Energy donated \$5,000 to offset costs of software coding for FACS.
- ⇒ The Robert Z Hawkins Foundation donated \$6,000 toward the cost of a replacement homeless emergency shelter van.
- ⇒ The Rotary club of Carson City donated \$10,000 for overall FISH support.
- ⇒ Soroptimists of Carson City donated \$500 Diabetic supplies, testing, insulin and other medication for patients of the Ross Clinic.
- ⇒ Southwest Gas Corporation contributed a fork lift valued at \$4,500.
- ⇒ Thanks to **Smiths Customers** who donate their change. FISH received over \$1,700 from customer donations!
- ⇒ U.S. Bank donated \$5,000 to offset costs of software coding for FACS (see front page article).
- ⇒ Western Alliance Bank donated \$10,000 to support FISH efforts to fulfill community hunger/nutritional needs.

Charitable Gift Annuity—A Secure Fixed Income For Life

A Charitable Gift Annuity is a contract between you and the writer, Community Foundation of Western Nevada. When you donate property, you are paid income for life at a rate based upon your age. Once all annuities have been paid, we receive the remaining value of the donation. Your periodic payment is fixed at the very beginning and will not change through your lifetime. Depending on your gift, you may receive the added benefit of mostly tax-free income and may be eligible for a charitable deduction at the time you make your gift. Call Jim Peckham, Executive Director, 775-882-3474 for more information!

Current 2013 Rates For Single-life Annuity

Age 50:	Yearly Rate: 3.7%
Age 60:	Yearly Rate: 4.4%
Age 70:	Yearly Rate: 5.1%



Donor Spotlight—Garth and Joanie Richards

Garth and Joanie Richards and the Richards family donated a 29,030 square foot building to FISH valued at over \$900,000. The building is a one-story u-shaped office complex with a garage and paved parking. Plans are underway to determine the best use of the property with many possibilities being considered

such as a donation drop-off center, business rental units (to provide additional income), transitional or emergency housing for mental health patients, or an additional homeless shelter.



Friends In Service Helping

138 E. Long Street
Carson City, NV 89706
775-882-FISH (3474)
www.nvfish.com

Non-Profit Org.

U.S. Postage

PAID

Carson City, NV 89706

Permit No. 194

Return Service Requested

THANK YOU!

A special thank you to our FISH Members!

Each calendar year, families committing to donate at least \$500 and organizations committing to at least donate \$1,000 become Members at FISH. FISH will honor Members on plaques located in our three thrift stores and give public recognition in our newsletter, our website and in the Nevada Appeal. Your membership enables us together to provide for the less fortunate in our community. Donations can be made in person at our administrative office located at 138 E. Long Street, Carson City, NV 89706, by mail or on our website www.nvfish.org. Periodic payments are welcomed toward the annual donation.

Welcome returning 2012 Charter Members!

Jim & Lori Bagwell
Jose & Carol Noriega-Paz
Jim Costa
Greater Nevada Credit Union
Brian & Shelley Ferenz
Sean & Nancy Davison
Billy & Theresa Witt
Rex & Karen Baggett
Beverly Parker
Nevada State Bank
First Presbyterian Church
Garth & Joan Richards
LifePoint Church
Smith's Food and Drug
Odetta Coughlin
Scott & Kay Scherer
E.L. Cord Foundation
Joe Lushina

Cottonwood Mobile Home Park
Julian and Joanna Smith
R. Mike Bennert
Geoffrey Hall
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Albert & Rosie Laird
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7-11 Convenience Stores
Bed Bath & Beyond
Costco
Arbys
Guerrero Mission Tortillas
Grocery Outlet
Big Lots
Western Alliance Bank
Olive Garden
Ruth Braswell
Bob and Barbara Jepsen

Jim & Kaaron Clark
Gary & JoAnne Sheerin
The Nell J. Redfield Foundation
Don & Paula Winne
Richard & Sharron Baldwin
L. Fowler & J. Gerardi
Kirk & Mary Kay Kinne
Southwest Gas
Todd & Jeanne Russell
Joe & Joanne Whitworth
A.L. Craig
NV Energy
Barbara Van Hise, D.C.
Greenhouse Garden Center
Cottonwood Mobile Home Park
Tim & Sandy McFarren

Welcome 2013 New Members!

Bank of America
Dan Rowe
Allison, MacKenzie, Pavlakis,
Wright & Fagan, Ltd.
John Miller
John Scarcelli
Snell & Wilmer
Paul Jorgensen
Performance Auto Care
Kohl's
Thomas and Martha Keating
Mark & Carizandra Leonard
The United Way
James & Mary Sumner