



FRIENDS IN SERVICE HELPING

RICHARD'S CROSSING CARSON'S COLLABORATION



Jim Peckham ext 101

It's a time for celebration! By the time you read this, Nevada Rural Housing Authority (NRHA), Nevada Rural Housing Inc. (NRHI) and FISH will have had the grand opening of Richard's Crossing. This is the region's first and only "living/learning center" dedicated to serve veterans and others that qualify for low-income housing. The facility is designed so local social service organizations can provide on-site assistance, and so tenants and other Carson area residents can receive life-skills and job training.

It all began in the summer of 2013, when Garth Richards (the facility's namesake) approached FISH with the desire to donate land and an outdated office complex on 430 Jeanell Dr., in Carson City. As a regular participant in the Partnership Carson City meetings and the Community Health Improvement Plan (coordinated by Carson's Department of Health and Human Services) we knew that this property could be used to benefit our community. So FISH worked with Garth to make his desire a reality, and a very significant "community collaboration" effort was underway.

The obvious need in Carson was to provide housing to those who were in transition... those that needed a "Hand-up" and not a "Hand-out". FISH began fundraising and recruiting partners to help provide future residents with on-site "wrap-around" services and "on-the-job training" (OJT). By 2015, FISH secured a commitment for \$1 million in federal HOME funds, and had garnered support from the Nevada Division of Behavioral Health, Carson Tahoe Hospital, Carson City Health and Human Services, the Drug & Alcohol/Mental Health courts, and several local nonprofits/behavioral health providers.

With the help of Brad Bonkowski and Tom Metcalf, we also determined that it would be easier and less costly to bulldoze the existing buildings, re-lay-out the property, and build from scratch. Building codes for the 1970's Welfare offices were nowhere close to the codes for 2015 apartment buildings. Our vision of gradually transitioning parts of the facility to housing was abandoned. Knowing FISH did not have the depth of knowledge to oversee the construction of an apartment building; FISH began looking for more partners.

Lori Bagwell, then president of the FISH board, pitched the FISH vision to Gary Longaker, NRHA executive director. Gary and his board were excited to be a part of this "first-of-its-kind" housing development and they quickly joined the growing collaboration... bringing with them a critical skill set. NRHA began working on initial designs and layouts, found significant funding through the Federal Tax Credit Program (FTCP), worked with Carson City Planning to pull permits, performed EPA required site testing, and developed a demolition plan. The FTCP even provided enough funding to reimburse FISH for the expenses we incurred while holding this property for community use.

While construction planning was underway, NRHI came on board so they could lend their property management skills to the project. NRHI encouraged FISH to create a planning board made up of state and local service providers so we could "flush-out" the vision, develop draft policies for the residents and to refine the services that other partners could provide. NRHI's core competencies make them well suited to provide the final touches to this project as they manage the property into the foreseeable future.

The plans, partners and funding all came together... so on June 8, 2016 we had our formal groundbreaking for the beautiful and functional Richard's Crossing complex. As others in the Carson area learned of our vision, they asked how they could be a part of this great project. So Lori Bagwell and Mayor Bob Crowell teamed up to find sponsors and donors to furnish all of the apartments. Amazingly, 10 months later, we now have a finished and furnished housing project that will surely become the new standard for low income, living/learning centers.

FISH thanks everyone who collaborated on this project. We applaud our key partners NRHA and NRHI who stepped up into the lead role just when their skills were needed. We look forward to the positive impact of Richard's Crossing in our community. While NRHI is taking on the management role going forward, FISH will continue to offer its support to the effort in ways that are appropriate to our expertise, while continuing to fulfil our core mission in the region.



FISH provides food, clothing, shelter and medical aid to low income families, the homeless and hungry within our community, with the objective to provide programs and referrals to families and individuals so that they may become self-sufficient.

Locations



- Admin & Thrift: 138 E. Long St. Carson City, NV 89706 775-882-FISH (3474)
- Thrift: 1561 Hwy 395 Minden, NV 89423 775-783-FISH (3474)
- Ranchos Services: 921 Mitch Dr., Gardnerville, NV 89460 775-265-FISH (3474)
- Thrift: 10126 Hwy 50E, Moundhouse, NV 89706 775-246-7654



FRIENDS IN SERVICE HELPING

FOOD BANK MANAGER MESSAGE

FISH BOARD OF DIRECTORS



Liz Patterson
Manager: Food Distribution and Volunteer Services
775.882.3474 ext 109

Volunteering... What does it mean for the volunteer, the organization, and our community?

There can, at times, be a stigma to the reason you volunteer. For example, I have heard people say that people shouldn't volunteer because "it makes them feel good. They should volunteer because it's the right thing to do." We, at

FISH, do not subscribe to this way of thinking!! We say "volunteering because it makes you feel good" is the exact reason you should be here!!! In reality, there is research today which indicates that volunteering boosts self-esteem, employability and health – especially mental health. There is no ulterior motive, obligation, responsibility or contract with volunteering – that in itself brings a sort of peace.

Volunteering helps the individual gain a level of self-worth that can't be bought. You are able to give in a way that directly impacts your family, friends, neighbors and the entire community in which you live. In volunteering, there is a direct impact on the organization and community. So you need not worry that your volunteering is only a self-benefiting pursuit. We assure you, it is not!

Organizations, such as FISH, who operate mainly on volunteers have a greater impact on their community due to the ability to focus on their mission rather than the almighty dollar. Because FISH has so many volunteers, we are able to put more time, effort and money directly back into our community in the way of food, shelter, healthcare, clothing and on the job training opportunities. It also gives FISH the time and freedom to pursue other new beneficial programs such as partnering with local schools and businesses to grow our on-the-job training program.

Volunteering offers vital help to people in need, worthwhile causes, and the community. Without our volunteers we wouldn't be able to make the impact that we do in our community! FISH helps, on average, 700 families per month with a wide range of emergency services such as food, clothing, shelter, healthcare, etc.

Our volunteers play a MAJOR roll in our ability to have a greater impact on our community!

Volunteering can be the greatest thing you do in your life or it can have a sillier side to it... and maybe a little strange. Around the world there are some rather out of the box opportunities to volunteer, such as, a Mascot surgeon. Fancy hanging out with Goofy and a menagerie of furry friends? Every year, a healthcare charity in the UK hosts the world's largest mascot race. For this unique fundraising event, a volunteer "mascot surgeon" is needed to patch up any mascots looking a bit worse for wear pre- or post-race so they're in shape for their next public appearance. With more than 80 furry characters competing for the gold cup, this volunteering role is both hands-on and essential to ensure the best mascot wins! Not a fan of furry friends? How would you like to be a "Pudding Chaser"? If you fancy keeping fit during the festive season, you may consider volunteering for the British Heart Foundation's annual Chase the Pudding event. This rather eccentric fundraiser asks for volunteers to chase a giant pudding across Weymouth beach. If this doesn't sound wacky enough, volunteers are also required to dress as an elf, fairy or Santa while they chase the 6ft-tall pudding.

At FISH, we won't ask you to chase pudding or stitch up characters but we do have a multitude of opportunities, throughout the year, that are well-worth your time and benefits our community greatly. Just a few of these opportunities are helping at the community distributions every other month, sorting food in the food bank after one of our food drives, being a celebrity waiter at the Luau in July, or you can join us at FISH on a daily basis!!! If you are interested in volunteering, please contact me at liz@nvfish.com!!

"We make a living by what we get, but we make a life by what we give." ~ Winston Churchill

Liz Patterson
Manager: Volunteer Services



Gary Gladwill
Chair
F&G Construction Ltd

Jennifer Herald
Chair-Elect
Bank Of The West

Brad Harris
Treasurer
Vice President
Southwest Gas

Lori Bagwell
Secretary
Co-Owner
Carson City Supervisor
Ward 3

Scott Scherer
Partner
Holland & Hart, LLP

Jim Beilstein
Pastor Emeritus

Fr. Jeff Paul
Rector
St. Peter's Episcopal
Church

Sister Marie McGloin
Pastoral Associate
St. Teresa of Avila

Barbara D'Anneo
Retired
Healthcare Development

Keith McGruder
Dentist
Pinnacle Concepts, LLC
Just Smiles Dental Care,
LLC

Hellen Barclay
VP/District Manager
Wells Fargo Bank



FRIENDS IN SERVICE HELPING

DISCOVERING MY PASSION

Some people say that the heart of a volunteer is not measured in size, but the depth of the commitment to make a difference in the lives of others. One of my many motivations is to serve my community.

Just out of college and starting a new chapter in life, I made my first attempt at a real job. Like many other recent graduates, I was confronted with the big dilemma of what experience do I have? And how can I have experience without having a job? A never ending cycle.

Fortunately for me, I was introduced to Friends In Service Helping (FISH). I started volunteering with FISH in August 2013 working as an Intake & Referral Specialist, making eligibility decisions and assisting the homeless and low income population in getting food, clothing, and other much needed services.

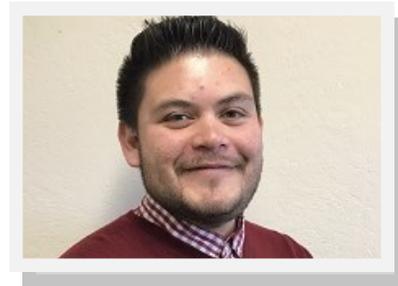
I was very afraid at first as I was stepping out of my comfort zone and into an unknown world. I had worked with the public before, but this was different. Just the thought of talking to people terrified me, and now I could potentially impact someone's life with services provided by this agency. I can't truly express how lucky I was of working with FISH staff. They were incredibly supportive, patient and took the extra effort so that I would feel comfortable and most importantly, ready. Slowly, I started coming out of my shell, having conversations with clients and being able to speak to other people in the community. By giving a few hours of my day, I was gaining real

world experience working with the public, learning social skills and valuable work experience that I could use for what would be my future job.

FISH played an important role in obtaining my first job with the State of Nevada, as the experience I gained directly translated into the job duties - making eligibility determinations for SNAP and Medicaid programs with Division of Welfare & Supportive Services.

Volunteering at FISH helped me discovered my passion for working with the public. I felt energized knowing that I was helping my community, but most important, I was making a difference. After all, "The best way to find yourself is to lose yourself in the service of others" I suddenly had a purpose!!

— Antonio Gudino Youth Program Coordinator



Facts and Figures Nationwide on Homelessness

How many of the homeless are children?

One out of 50—or about 1.5 million—American children are homeless each year, according to a 2009 study by the National Center on Family Homelessness.

What is chronic homelessness?

According to the National Alliance to End Homelessness, 23 percent of homeless people are reported as chronically homeless. According to HUD's definition, a person who is "chronically homeless" is an unaccompanied homeless individual with a disabling condition (e.g., substance abuse, serious mental illness, developmental disability, or chronic physical illness) who has either been continuously homeless for a year or more, or has had at least four episodes of homelessness in the past three years. In order to be considered chronically homeless, a person must have been sleeping in a place not meant for human habitation and/or in an emergency homeless shelter.

What are the greatest causes of homelessness?

For persons in families, the three most commonly cited causes, according to a 2008 US Conference of Mayors Study are:

1. Lack of affordable housing
2. Poverty
3. Unemployment

For singles, the three most commonly cited causes of homelessness are:

1. Substance abuse
2. Lack of affordable housing
3. Mental illness

Are veterans more likely than other populations to be homeless?

Yes. About 40% of homeless men are veterans, although veterans comprise only 34 percent of the general adult male population, according to research on veterans by the National Coalition for Homeless. On any given night, 200,000 veterans are homeless.



FRIENDS IN SERVICE HELPING

A HOME AND A FUTURE!

Sharon Swatzenberg, 43 & a Nevada Native, is the current proctor of our Women's Shelter, Wylie House.

Sharon had been working as a nanny for a family for 12 years; then one day she had no home. She was aware of the services FISH provided. She immediately sought help and was placed in our Shelter Program.

Sharon volunteered at FISH as part of the program. Sharon's skills from her past employment and her optimistic outlook made her uniquely qualified to become a proctor when the incumbent proctor successfully left the program. Ten months into staying at the shelter, Sharon had major back surgery. Probably from her years of work in warehousing.

Upon her recovery from this major surgery, Sharon



resumed her path towards independence with another

FISH referral. Vocational Rehabilitation determined that they could retrain her for a new career. She was then referred to JOIN (Job Opportunities In Nevada) where she is currently enrolled in a Certified Professional Graphic Design Course.

She describes her experience with FISH, JOIN and Vocational Rehabilitation as detailed, professional and directional. "If it wasn't for Beth (Client Service's Director, FISH) and JOIN I wouldn't have had the knowledge to get into these classes. I hope to add website design and I have applied to Richard's Crossing for longer term housing while I educate myself for

my future."

Who knows, maybe she'll volunteer to do the next newsletter???? One can only hope.....



Through the Looking Glass

Help our two Homeless Shelters that serve 4 counties (Lyon, Storey, Douglas and Carson City are Wylie House (8 beds for women & family) and FOCUS House (16 beds Men).

- 10. Twin sheet sets
- 9. New undergarments, both genders
- 8. Family Size Shampoo
- 7. Deodorant
- 6. Cleaning supplies
- 5. Towels
- 4. Twin Size blankets
- 3. Dental Hygiene Products
- 2. Toilet Paper
- 1. Laundry soap 





FRIENDS IN SERVICE HELPING

Telling their stories, tells our story.

“I was unable to work, so I couldn't pay for my prescriptions. Ross Clinic stabilized my medications for diabetes and managed my heart condition.”



Mari Lou Santiano

“My health crisis cost me my home, and almost my life!”





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FISH Stories

Les Schwab Donation



Douglas County Parade of Lights



Carson Valley Medical Center—



USBank Donations 2017



El Dorado Donations — 2017



How Can You Support FISH?

There are many ways to support FISH beside a direct donation. Smith's shoppers can use their rewards card to give a portion of their purchases to FISH—visit the Community Rewards page at www.smithsfoodanddrug.com to sign up (FISH's nonprofit Organization #47605). We can receive a percentage of your Amazon purchases as well. When ordering online, use www.smile.amazon.com and choose "Friends in Service Helping" as the charitable organization you want to support.

Many corporations offer matching donations to employees who want to support local organizations—find out if your company will match your donation.

Have any other ideas? Let us know!



FRIENDS IN SERVICE HELPING



You Have A Heart For Our Community

Accurate Mobile Locksmith
 Ernie & Sarah Adler
 George & Barbara Allison
 Dee Anthony
 Lavina Atkinson
 Rex & Karen Baggett
 Jim & Lori Bagwell
 Richard & Sharron Baldwin
 Hellen Barclay
 Battle Born Chapter NSDAR
 Jim Beilstein
 Mike (R.M) Bennert
 Berger North Foundation
 James & Debra Best
 Bethlehem Lutheran Church
 Charles J Borders
 Brad Bonkowski
 Joseph Bradley
 Jim & Midge Breeden
 Mia Brozovich
 Molly Bundy-Toral
 Burlington Coat Factory
 Calvary Chapel Carson City
 Veronica Carrillo
 Carson City Toyota-Scion
 Carson Now
 Charis Fund
 City National Bank
 Jim Clark
 Mitch Clever
 J.P. Copoulos, Architect
 Costco
 Cottonwood Mobile Home Park
 Odetta A. Coughlin
 Mary Covington
 Richard & Lorraine Courtney
 A.L. Craig
 Robert & Susan Crowell
 Paul & Barbara D'Anneo
 David Wallys Hot Springs Resort
 Sean & Nancy Davison
 Sally Dorf
 Eden Managements
 E.L. Cord Foundation
 El Dorado Savings & Loan (Douglas and Carson)
 F&G Construction
 Guy Farmer
 First Christian Church
 First Baptist Church of Carson City
 First Independent Bank
 First Presbyterian Church
 Laura Fitzsimmons
 David & Kelly Fluitt
 Food Bank of Northern Nevada
 Food Max
 Julie Forrest
 Brian Fox
 Michael & Deborah Fry

Grant Gardner
 Genoa Community Church
 Lawrence Fowler & Joseph Gerardi
 Marcus & Jamie Gilson
 Mark Girard
 Gary Gladwill
 Glen Eagles Restaurant
 Robert & Phyllis Goni-Latzky
 Cliff Grady
 Kathe Green
 Grocery Outlet
 Geoffrey Hall
 Harley-Davidson Financial Services
 Hilltop Community Church
 Brad Harris
 CE & SR Hauser
 Verna Hauser
 Barry & Virginia Hensler
 Jennifer Herald
 Holland & Hart Foundation
 Susan Hohn
 Beverly J. Holt
 International Church
 Intero Realty
 Jack Rabbit Plumbing
 JCK Trust
 Bob Jepsen
 Daniel Jones
 Paul Jorgensen
 Jerry & Betsy J Kanago
 Susan Kawchack Kuechler
 Tom & Martha Keating
 Ronald Knecht
 Mary Kay Kinne
 Timothy & Cecilia Kness
 Bruce Kochsmeier
 Les Schwab Tire Center
 Rosie Laird
 Lifepoint Church
 Kara Levario
 Marilyn Lewis
 Michael & Elizabeth Lindeburg
 Mary & John Liveratti
 Joe Lushina
 Charles & Anne Macquarie
 Janice McCauley
 Sharon & John McCloskey
 Sister Marie McGloin
 Keith McGruder
 Susan & Lawrence Messina
 John Miller
 Jeanette Miller
 Edward & Ann Moser
 Nara Fund
 Nature's Bakery
 Nevada Appeal
 Nevada Attorney General Office
 Nevada State Bank
 NV Energy

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 Fr. Jeff Paul
 Kenneth & Vicki Pearson
 Dennis & Mona Deirdre Pederson
 Cynthia Pennington
 Thomas E Perkins
 Jim & Suzanne Peckham
 Pets of the Homeless
 Ullrich Porzig
 Raley's
 Mario Ramirez
 Memory of E. Rankl
 The Record-Courier
 Robin Reedy
 ReMax Realty
 Steven Reynolds
 Norman & Linda Ritter
 Robert Darney, Architect
 Robert Z. Hawkins Foundation
 Jonathan & Sally Rogers
 Ron's Refrigeration
 Rotary Club of Carson City
 Todd & Jeanne Russell
 Save Mart
 Nackey & Robert Scagliotti
 Scott Scherer
 Joann Sheerin
 Darin & Syndi Skilling
 J Dennis & Nina Small
 Barry T Smith
 Southwest Gas Foundation
 Sierra Chef
 Sign Pro
 Smith's Food and Drug – Gardnerville
 Stampede Pest Control
 Susan & Glen Southwick
 St. Peters Episcopal Church
 St. Teresa of Avila Catholic Community
 Starbucks
 Robert Taylor
 The Terry Law Firm
 David & Elizabeth Thomson
 Pamela Tompkins
 Trinity Lutheran Church
 James Turner
 Peggy & Carter Twedt
 Patricia Tyson
 US Bank
 Valley Christian Fellowship
 Wal-Mart
 Wells Fargo Community Support
 Brad & Barbara Williams
 Dean R. Wilson
 Donald & Paula Winne
 John & Rita Wiseley
 Billy J. & Theresa Witt
 Stacy Woodbury
 7/11



Friends In Service Helping

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

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89706

Permit No. 194

Upcoming Events



Have a Heart Celebration with Celebrity Waiters

Hosted by Glen Eagle's Restaurant and Lounge

Saturday, June 24th 5:00 PM and 7:30 PM \$65 per person, \$500 for a table of 8



Celebrity Waiter Luau

Hosted by David Wally's

Thursday & Friday July 20th & 21st 6:00 PM \$50 per person, \$500 for a table of 10

Food Bank Postal Drive Saturday, May 13, 2017...one of the largest collections of food that we receive during the year. The food that is collected is split three ways between Ron Wood, Advocates to End Domestic Violence, and FISH. We need Canned soup, Canned vegetables, Canned chili, Canned beans, and of course Canned protein like tuna, peanut butter etc. The postal carriers will leave a plastic bag at each of the houses on their routes ahead of the drive, then all the donors need to do is to fill the bag with non-perishable food items they wish to donate and the postal carriers will then pick the donations up at the mail boxes on the 13th.

Stay up to date with FISH events, programs and volunteer opportunities by subscribing to our monthly email newsletter! To sign up, fill out the form on our website, www.nvfish.com, or email Robin Reedy at Robin@nvfish.com.



2016 Have a Heart

Ross Clinic hero, Dr Rex Baggett
and Lovely Tea Lady
Janet Baker



Facebook.com/NVFISH

