

WHO WE ARE

Main Street Community Foundation, Inc. is a public charity committed to partnering with individuals, families and businesses who wish to build permanent charitable connections, now and for generations to come. We support and better the communities of Bristol, Burlington, Plainville, Plymouth, Southington and Wolcott, Connecticut. Since 1995, the foundation has provided opportunities to donors to support the causes they believe in and to help further their desire to give back and improve their community.

Vision, Mission, and Core Values

OUR VISION

To be widely recognized as the comprehensive center for philanthropy in the communities of Bristol, Burlington, Plainville, Plymouth, Southington and Wolcott

OUR MISSION

To enhance the quality of life for both present and future generations in the communities we serve. We accomplish our mission by encouraging and promoting:

Gift Planning ~ Prudent Stewardship of Assets
Effective Grantmaking ~ Community Leadership

OUR CORE VALUES

Excellence, Integrity, Inclusiveness and Transparency in all we do.



Main Street Community Foundation is a member of the Council on Foundations and is confirmed in Compliance with National Standards for U.S. Community Foundations



Get regular updates on community news, grant awards and application deadlines at facebook.com/MainStreetCommunityFoundation



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Main Street COMMUNITY FOUNDATION

MAIN POINTS

A Newsletter for Friends of the Main Street Community Foundation

Fall 2014

GRANTS IN ACTION

Grant Funds Mental Health Counseling Through Art Therapy

Mental health issues have been at the forefront of many news stories in recent years, and education and awareness of the issues has increased. But mental health services are sometimes difficult to obtain and the cost of care can be an obstacle.

Some people are afraid to admit they need help and fear the perceived stigma associated with a mental illness diagnosis.

Pillwillop Therapeutic Farm is located on fifty picturesque acres in Wolcott and is part of Community Counseling Center of Central Connecticut, Inc. (CCC)'s recent

expansion of services. CCC, a Bristol-based nonprofit organization, is led by Dr. Warren Corson, a cognitive behavioral psychologist, and Lisa Corson, a clinician trained in both mental health issues and art therapy. While CCC's basis is traditional therapy, the philosophy of programming at the farm is a holistic approach to achieving and maintaining mental health. The farm offers art therapy, community gardening, hiking and passive recreation among other programs.

Through grants totaling \$5,165 over the past two years from the Bristol Brass General Grant Fund, the Jim & Eleanor Frawley Community Fund and the Turkus Family Fund at the Foundation, CCC offers "Nurturing the Artist Within", a free drop-in art therapy program at Pillwillop Therapeutic Farm that is open to people of all ages from the region. Emphasis has been placed on establishing a safe environment for self-expression and the

enjoyment of creating art, and not on ability.

Engagement in art making has been shown to reduce symptoms of anxiety and depression, while increasing self-esteem, self-awareness, and overall well-being. Personal growth and healing can be achieved by developing creative thinking and problem solving strategies, which transfer from the studio to the clients' everyday life experiences and challenges.

Lisa Corson explained that "by taking an active role in the work and the life of a community, people can gain or recapture a sense of self esteem, self identity, and a sense of purpose that can often become lost in today's face paced, electronic age. By connecting with each other in a natural setting, each member learns more about themselves and the ways they interconnect with the world."

MSCF Steps Up Response to Local Needs with Over \$614,000 in Grants and Scholarships

Meeting the needs of our most vulnerable citizens. Strengthening the education, development and dreams of our youth. Bolstering the arts. Preserving history and cultural heritage. Protecting our animals.

That is what the Foundation's grants and scholarships are achieving in the communities of Bristol, Burlington, Plainville, Plymouth, Southington and Wolcott through the first nine months of 2014.

The Foundation's General Competitive Grant Cycle resulted in 28 local organizations receiving over \$75,000 in grants. The grants were awarded from endowed funds established by donors to support the local community and the causes they care about.

Nearly \$12,000 in grants was also



2014 Scholarship Recipients

awarded through a competitive process from three community endowment funds at the Foundation. These funds – the Burlington Bell Community Fund, the Make A Mark Region 10 Enrichment Fund and the Plainville Community Fund – were started by groups of residents in the local communities to benefit that community.

In addition, the Foundation awarded over \$139,000 in scholarships to 121 students. A total of 146 scholarship grants were awarded from named funds established by local individuals, families and

businesses. Although each scholarship has unique criteria, all funds seek to assist students in pursuing their education and achieving their goals and dreams.

Through Donor Advised Funds, Agency Endowments, Designated Funds, Unrestricted Funds and Project Funds, the Foundation has awarded over \$383,000 to organizations benefitting local residents. Furthermore, over \$5,200 were granted in immediate response funds. The grants from these funds are non-competitive.

"We are thrilled to be announcing over \$614,000 in grants and scholarships thanks to the generous legacies of the donors who have established and built these funds," said Susan Sadecki, President & CEO of MSCF.

For a complete list of grant and scholarship recipients, visit www.mainstreetfoundation.org/news.php

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WOMEN & GIRLS' FUND



Providing Girls with Keys to Success

Young women attending Bristol Central and Bristol Eastern High Schools are fortunate to be able to participate in *Skills to Pay the Bills*, a program at Bristol Youth Services (BYS) that leads young women to understand how to create a personal budget, including: housing, food, other expenses and the importance of saving money for a "rainy day". According to BYS Director Eileen McNulty and program coordinator Alyson Phelan, the program, which has been partially funded from \$3,270 in grants from the Women & Girls' Fund the past two years, introduces key financial concepts to girls who have little understanding of financial decisions.

As a starting point, each participant creates a "vision board" to illustrate the things they would like to have and who they want to become in the future. That is where the girls get their first reality check. A local realtor takes them apartment shopping as a means for learning what questions to ask. They learn that heat,

electricity, cable, phone and internet are usually not included. This leads to discussions about how much you need to earn at a job to pay for an apartment, food, clothing and other necessities and luxuries, such as a car.

Knowing how much they need to earn leads to conversations about careers, a field trip to the Tunxis Community College campus, creation of a resume, discussion of appropriate interview attire and mock job interviews.

Thanks to the generosity of local banks, girls in the *Skills to Pay the Bills* program go on bank field trips to learn about opening up savings or checking accounts. ShopRite of Bristol helps the girls learn about the cost of groceries and about healthy eating habits. Cooking healthy meals or snacks is a weekly event.

Cassandra, one of the program participants, stated that "I grew as a person from this program, and connected with people that I didn't think I could connect with; it also showed me

things that my school doesn't teach us. We learned how to cook, stay healthy, do yoga, look for affordable and nice apartments and how to write out checks. *Skills to Pay the Bills* was a GREAT group to be part of!"



A program participant learns how to change a tire.



PEOPLE OF VISION

Local Youth Help Create and Facilitate Activities Center



Safe Harbor Student Representative Ethan Shafer at work renovating the Activities Center.

Hard work and dedication. Planning and painting. That is what it took, among other things, for students from Region 10 School District, which consists of the communities of Burlington and Harwinton, to help create an activity center for themselves and their peers.

The activities center held its ribbon-cutting ceremony in June 2014 and is a component of Safe Harbor Youth Services,

which works in collaboration with Torrington Youth Services. Tom Donaldson, Director of Torrington Area Youth Services Bureau and Safe Harbor Youth Services, appreciated the support provided by student volunteers from Lewis S. Mills High School. Throughout the spring, they consistently dedicated time to work with him on the weekends to prepare the center for furniture installation and future programming. Students removed items from storage to clear the space, made repairs, and painted. The activities center is located 256 Spielman Highway / Rt. 4 in Burlington, while the Safe Harbor Youth Services office is located in Harwinton Town Hall.

Donaldson explained, "The activities center is not a drop-in center; it will be supervised by adults, with specific events such as barbeques and dances, planned and facilitated by student volunteers." The student volunteers will evaluate the needs for services and work with the adult counselors to develop programming.

Founded in 2012 with strong support from Ted Shafer and Michael Criss, the First Selectmen of Burlington and Harwinton respectively, Safe Harbor Youth Services provides programs which address the needs of youth and their families; develops and implements educational/social activities which prevent delinquency and strengthen families; and coordinates special projects that promote positive youth development.

The Activities Center is a key component of Safe Harbor Youth Services. Students and town officials felt adamant about creating a place to help local teens, and in turn help their families. The Activities Center was designed to be welcoming space for Region 10 youth. It has a meeting area with tables and chairs, a lounge area furnished with couches, a fully-equipped kitchen, and a sound-system. It is a place that local youth helped to create and build, and a place they can feel comfortable and safe while socializing and having fun.

New Funds to Benefit the Community

Main Street Community Foundation welcomed the following funds so far during 2014 to bring the total funds established since the Foundation's founding in 1995 to 180:

- Bristol Libraries Fund
- Rit Croce Academic and Vocational Scholarship Fund
- Katherine Dobroczyński Memorial Scholarship Fund
- For Goodness Sake
- Samuel Goodsell Library Fund
- Manross Memorial Library Fund
- Oasis Fund
- Julie A. Roche Nursing Scholarship Fund
- Louise Van Gorder Music Camp Scholarship Fund

For full descriptions of the funds, visit www.MainStreetFoundation.org

Thank you to the donors who established these funds.

What's Happening in the World of Philanthropy

November 12-18 is Community Foundation Week, a national effort to raise awareness of the impact of local philanthropy. Falling in the middle of Community Foundation Week, on **November 15**, is National Philanthropy Day, a day to recognize and pay tribute to the great contributions that philanthropy – and those active in the philanthropic community – have made to our lives and our communities. Thank you to all of you that have made a difference through philanthropy and if you are interested in learning more about MSCF, your local community foundation, contact Susan Sadecki, President & CEO at 860.583.6363.

The Impact of an Endowment

Did you know? An endowed gift of \$25,000, earning eight percent interest annually and distributing \$1,000 per year in grants to qualifying nonprofits, in 20 years will grow to about \$45,000 and distribute \$1,800 per year while continuing to grow in principal.

AN INSIDE VIEW

A Farm Grazing Experience to Remember

The annual Friends Reception of the Main Street Community Foundation, which recognizes the Foundation's supporters,



was held at the picturesque Green Acres Farm in Bristol on August 6, 2014. A record 139 Friends attended the Reception, which featured hors d'oeuvres prepared with locally grown ingredients. The

reception, hosted by Tom and Melanie Barnes and Whit and Jarre Betts, gave the Foundation the opportunity to thank its many donors and volunteers, especially all those who support the annual Friends Appeal and believe in the importance of local philanthropy.

Special appreciation goes out to Brenda Antuna and the staff of Martino's Italian Market of Bristol for preparing the delectable food; Lewis Educational Agricultural Farm in Southington, Tonn's Orchard in Burlington, Litchfield Hills Blueberry Farm in Plymouth, Grouten Farms in Farmington, Urban Oaks Organic Farm in New Britain, Green Acres Farm in Bristol and Brittany's Garden for providing the fresh produce; Dawn Nielsen for designing the invitation; and Garrett Printing & Graphics for their donation of printing.

We sincerely thank Tom and Melanie Barnes and Whit and Jarre Betts for their generosity and hospitality that made this year's Friends Reception a memorable experience.

Thank you again to all of our supporters for your dedication and insight throughout the year!

Check out our Community Wish List at www.mainstreetfoundation.org



Your Gift Makes a Difference!

As you plan your 2014 charitable giving, kindly consider adding MSCF to your list of supported non-profit organizations this year. Send your gift today by mail or give online at

www.MainStreetFoundation.org



Thank you!