



Martin House, Inc.

"Everyone Deserves A Safe Place To Live!"

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Martin House 2019 Winter Newsletter

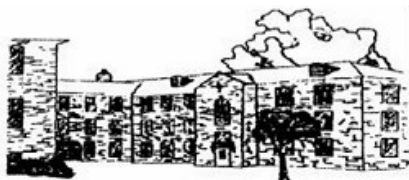
Greetings and Best Wishes for the Upcoming Holidays



Please take a few minutes to learn about how your support has made a difference in the lives of people who live at Martin House during the past year. You are the reason we are able to provide quality services to adults who have experienced homelessness and mental illness. We are proud of all we do and hope you feel you have made the right decision to support us year after year.

This year:

Seven individuals moved in and called Martin House "home" for the first time.



Seven individuals moved out, five to their own apartments, one to a hospital, and one

person experienced legal problems requiring alternate housing.

15% of Individuals worked outside of Martin House.

85% of Martin House residents participated in meaningful activity offered at

Martin House or in the community. The Coffee Cup Café, the Helping Hand, and Adult Education are examples of these supports.



The Martin House Kitchen served three nutritious meals each day for a total of 59,130 meals. Healthy eating plays such an important role in the life of a person who is working on becoming their best self because they do not have to worry about where their next meal is coming from.

Martin House residents are offered medication administration and management through our partnerships with Utopia Home Care and Genoa Pharmacy. Taking medication as prescribed reduces costly emergency room visits and disruptions in a person's life.



Mental illness can happen to anyone. Everyone living at Martin House defines their own success. A residents' recovery is a partnership where a person's strengths determine their possibilities. Please keep us in mind when you are making your charitable donations this year.

With warm regard,

Paula Oberg

Paula Oberg
Executive Director



Detach Form and Return

How to Donate

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

CC#: _____

Exp. Date: _____ CVV: _____

Suggested Donation:

\$25 _____ \$50 _____

\$100 _____ \$Other _____

Rather donate online? Visit our website at:

www.MartinHouseCT.org

Stay in touch and up to date with Martin House

Email Address: _____



Mental illness
can strike anyone.
It knows no age limits,
economic status,
race, creed, or color.

Martin House Would Like to Thank

Our Board of Directors:

Nancy Roberts – President
Matthew Lisee – Vice President
Ornet Hines – Secretary
Gayle O'Neill – Treasurer
Debbie Eskra – Past President
Michael Bennett
Ellen Crichton
Robert Fusari
Keith Lee
Theresa Madonna
Margaret Sabe
Marilynn St. Onge
Louise Summa
Carol Whitham

Thank You to All of Our 2019 Grantors!

Bodenwein Public Benevolent Foundation
Catholic Campaign for Human Development
Charter Oak Credit Union
Chelsea Groton Savings Bank
Church of the Holy Family
Community Foundation of Eastern Connecticut
Dominion Energy
Eastern CT Realtors Association
Eastern Savings Bank
Frontier Community Services Fund
Ledyard Rotary Club
Liberty Bank Foundation
George A. & Grace L. Long Foundation
Mystic Rotary Club
Rotary Club of the Stoningtons
SI Financial Group Foundation, Inc.
Swindells Charitable Foundation
The Putnam Bank Foundation
United Way of Southeastern Connecticut

Residents Getting Involved!

In addition to a safe place to live, three healthy meals per day, and medication management, living at Martin House affords Residents the opportunity to participate in the Coffee Cup Café, our in-house bistro, the Helping Hand, our in-house store, and Adult Education. Being involved with others and having a purpose in your day is important for everyone pursuing wellness and a fulfilled lifestyle.

Volunteering at the Café teaches residents about time management, accountability and socialization. Proceeds that

are generated from the Café are utilized to purchase the coffee, snacks and other items used each week. The Helping Hand is set up with donated items including gently used or new clothing, decorative items for resident's rooms, jewelry, CD's, and much more. A former Resident volunteers along with current Residents to arrange the items set up like a pleasing window dressing.

Ten hours each week, Adult Education is offered at Martin House. The result of more than 18 years of collaboration with

Norwich Adult Education, Residents participate in group forums, individual tutoring on the computer, and when weather and resources permit, attend community events. Most recently ten residents completed the Greater Opportunities for Adult Learning Success on-line testing. Katrina Bercaw, our Adult Education Facilitator, praised Resident's willingness to try something new.

Congratulations to Martin House Adults, seeking to make each day better than the one before!

