

Working in partnership with our community and those in need...

# The Chrysalis Connection

## New Collaboration in Freshplace—a Community Food Pantry

**H**unger is and remains a real issue among low income families in Hartford. Many people work two minimum wage jobs and still must make the difficult choice each month to pay the rent or buy groceries. The elderly in the community live on fixed incomes that leave little money each month to purchase groceries. Several food pantries in the Upper Albany neighborhood only offer the bare essentials, such as canned vegetables, pasta or cereal, for a family for one or two days a month. Fresh foods such as fruits, vegetables, dairy and meat remain scarce for this population.

Chrysalis Center is pleased to announce a partnership to address this need through a community based, client choice food pantry at our new building on Homestead Avenue. The pantry will be known as Freshplace and will serve Chrysalis Center clients as well as individuals and families in Hartford's Upper Albany neighborhoods who experience hunger.

Freshplace is a collaboration between Chrysalis Center, The Junior League of Hartford and Foodshare, the regional food bank. This partnership brings together the strengths of each organization to build and operate a food pantry that will focus on fresh fruits and vegetables, dairy and meat products, as well as non-perishable food items.



**Freshplace**  
Nourishing our Community



In addition, the pantry will provide an assessment of those served to engage patrons in identifying the root causes of their hunger and link individuals to resources in the community to address those issues.

To date, space in Chrysalis Center's new building has been identified for Freshplace. Architectural plans are complete and construction costs are being finalized.

Freshplace will be operated by Chrysalis Center. The Junior League of Hartford will provide operating funds and a volunteer base to operate the pantry, and Foodshare will provide much of the

food items on a regular basis.

We are very excited about our new partnership and look forward to serving the Upper Albany community through Freshplace!



**Chrysalis Center Has Received Grants From the Following Organizations and Foundations**

*The Foundation for Mental Health*

*Citizens Bank Foundation*

*Asylum Hill Congregational Church*

*J. Walton Bissell Foundation, Inc.*

**THANK YOU FOR YOUR SUPPORT!**



**Anthony Hebert, M.S.,  
L.P.C., Named  
Associate Director**

Anthony Hebert has been named the new Associate Director of Chrysalis Center, Inc. In his new role, Anthony will oversee all services provided by Chrysalis Center as well as new service development. Anthony comes to Chrysalis Center after working many years at Fellowship Place in New Haven, most recently as Associate Director. Anthony is originally from Vermont and holds a Masters in Counseling Psychology and is a Licensed Professional Counselor. We welcome Anthony to Chrysalis Center and the management team and wish him well in his new role!



**Fit Behavior**

*Personal Fitness*



**Board Member Spotlight!  
Carolyn Phillips**

**C**arolyn Phillips, Vice President of the Chrysalis Center Board of Directors, has served on the board for five years. Carolyn has brought to her board role her entrepreneurial business skills having owned her own business for 17 years.

Carolyn is the owner of Fit Behavior, a personal training center with locations in Rocky Hill and Avon. Fit Behavior is a personal training center that offers personalized lifestyle, fitness, nutrition and health programs all under one roof. Fit Behavior is one of the first centers of its kind in Connecticut. It offers clients “one stop shopping” for a healthy lifestyle program provided by trained professionals in nutrition, weight loss, and exercise in a private well designed environment.

Carolyn recently celebrated the tenth anniversary of her Rocky Hill location. Fit Behavior expanded this past year by opening a location in Avon and is pleased to offer services to the Avon and Farmington Valley community.

Carolyn has been featured in the *Hartford Business Journal* and has a weekly radio show with Mary Jones on WDRC Talk Radio, AM 1360 every Tuesday at 2:30 p.m. Fit Behavior was also voted “Best for Fitness” by *Hartford Magazine*. Carolyn is a Connecticut State Bodybuilding Champion and national competitor, as well as a Connecticut State Regional Mountain Bike Champion.

Fit Behavior will hold a Healthy Lifestyle fundraising event on June 9, 2007 from 9:00 a.m. -1:00 p.m. at the Rocky Hill location, and June 10, 2007 from 9 a.m. –11 a.m. at the Avon location. The events will raise money for the new Freshplace Food Pantry at Chrysalis Place. Participants can have friends and family sponsor them to exercise and raise money for the pantry. For more information regarding the fundraiser please visit [www.FitBehavior.com](http://www.FitBehavior.com) or [www.ChrysalisCenterCT.org](http://www.ChrysalisCenterCT.org)

Carolyn believes “the services Chrysalis Center provides are essential to those in need in Greater Hartford.” We are pleased to have Carolyn serve on our board and thank her for her continued talent and expertise!

**Chrysalis Center  
Board of Directors**

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Carolyn Phillips

**2nd Vice President**  
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**Executive Director**  
Sharon L. Castelli

**Flash!**

**Congratulations to Fit Behavior voted  
BEST FITNESS FACILITY AND BEST PLACE TO  
TAKE PILATES by *Hartford Magazine*, 2007**

**Direct Energy Makes *Second* \$50,000 Donation to Capital Campaign!**

Direct Energy, an energy company based out of Wallingford, will make a second \$50,000 gift to the Capital Campaign for our new building on Homestead Avenue. The administration wing of the new building will be named in honor of Direct Energy and their commitment to the project. Many thanks to Direct Energy for this significant contribution!



## Foodshare's Annual Walk Against Hunger!

On May 6, 2007, Chrysalis Center employees, board members, clients and friends from the Junior League of Hartford participated in the Annual Walk Against Hunger in Hartford's West End. Walkers enjoyed the festivities before and after the walk and raised money for Chrysalis Center's Food Pantry which currently operates from our Recovery and Empowerment Center. The pantry is open three Tuesday afternoons per month and serves approximately 100 clients each time. The money raised from our walkers will directly support our food pantry. Thanks to all of our walkers this year!

## Volunteers Appreciated!

Chrysalis Center honored its many volunteers with an evening at the Pond House Café April 25, 2007. Fifty-three volunteers from throughout the agency enjoyed light fare, and a time to meet other volunteers and receive thanks from both staff and clients. Many thanks to volunteers who give their time, talents and invaluable commitment including those who serve on our Board of Directors, clients who volunteer in our Recovery and Empowerment Center, volunteers from Making Ends Meet and the Soroptimists who serve at Soromundi Commons.



## Birdies for Charity—Make A Pledge for Chrysalis Center

Charity begins on the golf course at the PGA Tour's 2007 Travelers Championship in Hartford to be held June 18-24, 2007. You can make Chrysalis Center a big winner by participating with your pledges in the "Birdies for Charity" program.

Enclosed with this newsletter is a form where you can make a pledge to benefit Chrysalis Center based on the number of birdies made during the tournament.

On average, 1,500 birdies are made during a PGA Tournament event.

1 cent per birdie = \$15 for Chrysalis Center

2 cents = \$30

3 cents = \$45

4 cents = \$60

5 cents = \$75

10 cents = \$150

On your pledge form, be sure

to make a guess of how many birdies you think will be made at the tournament. If you're right, your name will be entered in a drawing for great prizes:

- *Stay and Play package at the World Golf Hall of Fame in St. Augustine, Florida including airfare and hotel*
- *Opportunity to play in the Ahmad Rashad Celebrity Classic Golf Tournament hosted by Mohegan Sun*

Please mail your completed pledge form to Chrysalis Center, 278 Farmington Avenue, Hartford, CT 06105 no later than June 17, 2007.

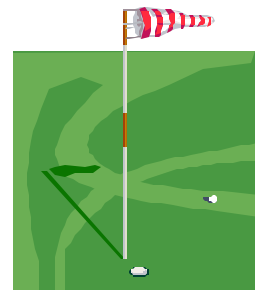
If you have any questions about Birdies for Charity, contact Lisa Beede at 860-525-1261 or [lbeede@chrysaliscenterct.org](mailto:lbeede@chrysaliscenterct.org).

For more information about the tournament, visit [www.travelerschampionship.com](http://www.travelerschampionship.com).

For additional forms visit [www.chrysaliscenterct.org](http://www.chrysaliscenterct.org)

### What's A Birdie?

For those not familiar with golf, players try to achieve the lowest score on each of the 18 holes on a course. Each hole has a predetermined number of strokes to get the ball in the hole called "par". If a golfer scores one stroke under par this is called a "birdie."





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**CARF**

*(Commission on Accreditation of Rehabilitation Facilities)*

Community Case Management (and Supportive Housing) Services  
Community Employment Services  
Community Integration Services

*Chrysalis Center is an Affirmative  
Action Employer Committed to  
Fostering Diversity in the Workplace.*

[www.ChrysalisCenterCT.org](http://www.ChrysalisCenterCT.org)

## Save the Date!

**T**he *Third Annual Butterfly Ball* will be held on **Saturday, October 27, 2007** from 6-10:30 p.m. at the Farmington Marriott. The event will feature a cocktail hour, dinner and dancing to music by *Eight to the Bar*. Those attending can also participate in both a live and silent auction of fantastic items including airline tickets for two to anywhere in the U.S.

Tickets for the event are \$125.00 per person. For information or for invitations, please call Lisa Beede, Development Manager, 860-525-1261.

## Brad Davis to Emcee

We are pleased to announce that WDRC AM radio personality Brad Davis will emcee our upcoming Butterfly Ball. This year marks Mr. Davis's 30th anniversary at WDRC and he holds the distinction of working at WDRC longer than any other announcer in the station's history. Mr. Davis is a longtime friend of the agency and will conduct the live auction as well as the awards ceremony. Please join us for a fabulous event.



Chrysalis Center now accepts MasterCard, Visa, American Express and Discover. Please visit our website to see how you can now use these credit cards to support Chrysalis Center with donations and purchases of fundraising items and event tickets.

*The Chrysalis Connection is a publication distributed by Chrysalis Center, Inc., a non-profit charitable organization serving the Greater Hartford area. If you know of someone who would like to be on our mailing list, or for more information, please contact Lisa Beede, Editor, Chrysalis Center, Inc. at 278 Farmington Avenue, Hartford, CT 06105-3301 or call (860) 525-1261, ext. 184.*