

MAKE HOPE A MONTHLY HABIT

HERE'S A GREAT WAY to save time and help provide compassionate services all year long! Your generous gift will enable us to provide food and clothing for the most vulnerable in our community, free medical, dental and eye care for the uninsured, as well as services for the homeless.

Make a monthly or quarterly pledge to MEND in three simple steps.

- Decide how much you want to give every month or once a quarter.
- Call us at, (818) 686-7353 to provide a few details including the bank account or credit card you want charged, and to authorize the gift.
- Thank you. Know that every day you are investing in changing lives in our community.



Because of you, MEND distributed almost 3 Million lbs. of good food in 2018. Thank you! With your help, we can do even more in 2019.

FIVE WAYS YOU CAN CHANGE SOMEONE'S LIFE TODAY

- 1 Make a fully tax deductible gift today.
- 2 Does your company match donations? Find out by giving us a call at, (818) 686-7320.
- 3 Make a Gift of Love. In lieu of flowers, or a condolence gift, send a donation in memory of your loved one to MEND. For birthdays, anniversaries, or holidays, celebrate the special people in your life by making a donation in their honor.
- 4 Host a food drive. It's simple! You can find resources online at: <https://mendpoverty.org/programs/emergency-food-bank>
- 5 Volunteer.

"If you can't feed a hundred people, then just feed one."

– Mother Theresa

MEND matters



With dignity and respect, MEND's mission is to meet the immediate needs of individuals and families and increase their access to opportunities that strengthen their capacity to thrive.

mendpoverty.org
SPRING | 2019



MARICELA'S STORY

MARICELA NEVER IMAGINED herself to be in the situation she is in now. Last September, she lost her husband and her life has not been the same.

Fighting back the tears, she shares, "To be honest, the first few months after my husband passed I didn't feel the pressure. **Now I feel anxious all the time.** I never imagined I would be a single mother to 3 kids."

Maricela first came to MEND 17 years ago. She and her husband were having a hard time making ends meet. They had both lost their jobs and were desperate. MEND provided them with emergency food and clothing for 2 years – until they were able to get back on their feet.

"We both had employment. I was working in housekeeping and my husband was a welder. We no longer needed emergency food," Maricela adds.

Unfortunately, early last year their financial situation became critical. Maricela's husband no longer had a job and to make things worse, she grew a tumor in one of her hands. She needed surgery.

Then, in September, the bottom fell out of their world.

Maricela and her children lost their loving husband and father.

She says, "His death was a shock. He was a healthy man. He was strong. It's

continued inside

WISHLIST

Please help us meet critical needs with your time, and contributions:



FOOD

We urgently need the following items to fill our Food Bank: canned tuna, tomatoes, chili, vegetables, fruit, juices, and soups, 2 lb bags of pinto beans, 2 lb bags of rice, spaghetti, granola bars, peanut butter, dry milk, ground coffee, and oatmeal.

CARE KITS FOR OUR HOMELESS CLIENTS



- Socks
- Shampoo (travel size)



- Soap or body wash (travel size)
- Toothbrush



- Toothpaste (travel size)
- Lotion (travel size)

For more information, please contact Jackey Arriaga at, Jackey@MendPoverty.Org or (818) 686-7360



LETTER FROM JANET

Thank you for helping those in need

ACCESS TO GOOD FOOD is basic and critical to

overall wellbeing. Our lowest-income communities are plagued by limited

Our lowest-income communities are plagued by limited availability of healthy food.

availability of healthy food. Instead, they rely on calorie dense but nutritionally inadequate

food that may stave off hunger, but over time contributes to diet-related illnesses such as hypertension, obesity, and diabetes. Poor maternal nutrition affects children's development starting in the womb, and hunger pangs undermine kids' concentration and academic success.

This June, MEND will launch a Hunger Free Summer campaign to make sure that no child goes hungry in our Valley

because school is out. Look out for additional information on this campaign.

You will see in Maricela's story that MEND provides food, helps people get back on their feet and offers hope, even in the most dire of circumstances.

We know that as a MEND donor, you share similar values of helping those in need, those with few options.

We also share a desire to see these individuals and families thrive. Your generosity safeguards the promise of our mission. Thank you for paying it forward.

Janet Marinaccio
President & CEO

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been difficult to adjust.”

Maricela and her children found themselves back at MEND. But this time, they didn't just enroll for emergency food and clothes, Maricela also signed up for MEND's Family Support Program, our case management program that helps families like Maricela's break the cycle of poverty through supportive coaching, goal setting and connecting with resources.

“MEND has been a place of healing for me. I'm making sure my children receive help through the grieving process. I'm looking for support myself. I miss him. I miss my partner. My support.”

Maricela adds, “Thanks to MEND we are now receiving food twice a month.

My children and I used to go days with an empty fridge. I have to explain to my daughter that things are different now. Our resources are scarce but we have each other and we're a united family.”

Although their situation is difficult, Maricela remains hopeful. “MEND has been a life saver. My family could not carry on without their supportive services. We're still standing because of MEND.”



UPCOMING EVENTS

Hunger Free Summer campaign

LOS ANGELES is in the middle of a hunger crisis. More than a million people struggle to put food on the table every year. And it gets worse during the summer months when school is out. This June and July, MEND invites you to partner with us to put an end to hunger for children, families and vulnerable people in our Valley. Your financial and food donations will restock our Foodbank and provide a Hunger Free Summer for people in need.

PARTNERS FOR THE FUTURE

A WELL-PLANNED GIFT sustains your generosity after your lifetime, and makes a powerful statement about the legacy you wish to leave.

It can also provide a tax-efficient investment in your future and the future of MEND.

You can choose options that cost nothing now, but will sustain and strengthen our services in years to come. You can also choose options that pay you income for life and leave a lasting legacy for MEND.

If you have already included MEND – Meet Each Need with Dignity in your will, thank you! Your gift, when the time comes, hopefully, far into the future, will continue MEND's life transforming services in this community.

Please contact Chanya Blumenkrantz, Chief Development Officer at, (818) 686-7320 if you have any questions or would like to receive additional information to help in your decision. You can also find legacy information and sample documents at our online site here: <https://mendpoverty.org/make-a-donation/mend-legacy-society>.

In the end, if the question is how you want to be remembered, then there's no better way than in the impact your legacy will make in the lives of people in need.

We're grateful for your support!

CORPORATE SPOTLIGHT

Sun Valley Grocery Outlet

LAST JULY, Sun Valley Grocery Outlet set itself an ambitious goal to raise over \$10,000 for MEND's Foodbank. Together, their staff and generous shoppers did it! Sun Valley Grocery Outlet is operated by Sergio and Irene Soto, and is located at 8920 Glenoaks Blvd, Sun Valley. The store is clean and well-stocked, with excellent customer service that provides amazing values to the Sun Valley community.

Sergio says, “It was a great honor teaming up with MEND during our last hunger drive. After visiting their facility, we were amazed at how many lives they touch on a daily basis. Our team really stepped up to the challenge and we were able to surpass our goal of \$10,000 raised in money and food.”

He adds, “We will improve the quality of life in our community by being involved with and supporting organizations that make a difference.”

Sergio, Irene and their amazing store associates are ready to do it again in July 2019. If you can, stop by the store to support MEND during the campaign.



FROM THE FRONTLINES: Adam Brooks, Foodbank General Manager

IT'S NOT UNTIL you visit Pacoima that you are able to visibly see the food insecurity our clients face day to day. Healthy, nutritious and affordable food is not always accessible. MEND helps fill that need. Our emergency food boxes are filled with healthy produce. They allow our clients to feed their families real food.

The Foodbank does not provide permanent solutions to big problems. What we do is give families the basics in order for them to be able to place their focus and efforts on their bigger challenges. If you can't provide a healthy meal for your family, you can't focus on the greater obstacles—whether that's finding employment or permanent housing.

The tenacity of our clients is always inspiring to me. All my encounters with them are positive. They have struggles. The

obstacles are there but when they're here at MEND they're progressing; they are fighting back. They speak of their accomplishments instead of their defeat. They're strong people.

I see one family that comes in every week. They're a family of nine that is currently transitioning out of homelessness and every time I see them. I can see how much they value the food they are receiving. They know that they now have healthy food to eat for the week.

My main job is to collect the resources in the community to benefit people like this family that are lacking, and are in need.

It is inspiring work.

Thank you for your support of MEND's mission. If you have a moment in your day and can stop by and visit MEND to learn more, please call (818) 686-7320 or email Chanya@MendPoverty.Org.