

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. Or you can use the coupon below to request that we contact you.
- Sit back, relax and know that every day you are investing in changing lives in our community.

Thank you!

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
FALL | 2018



AMELIA AND ELIZABETH

5 REASONS TO GIVE TO MEND

- 1 GOOD FOOD CHANGES EVERYTHING.**
Too many people in our community struggle with the tough choice between food or rent. Food or transportation to work. Food or the light bill. Because of your support, MEND's Food Bank provides good, nutritious food to tens of thousands of people each year.
- 2 FREE MEDICAL, DENTAL AND VISION CARE CLINIC.**
You've read the story of Amelia and Elizabeth and how they've been served at MEND. Many of our patients have similar stories. At MEND, thanks to you, we offer free and compassionate care to patients throughout the year.
- 3 TOGETHER WE ARE MAKING OUR COMMUNITY A BETTER PLACE.**
- 4 WE ARE GOOD STEWARDS OF YOUR MONEY.**
We are thoughtful and careful about how we spend your contributions. We welcome you to come and tour our programs so you can see your support in action.
- 5 YOUR GIFT IS FULLY TAX DEDUCTIBLE.**



AT THE AGE OF 32, Amelia, has known more pain and struggle than anyone deserves over a lifetime. She has lived through cruel abuse, rejection, homelessness, intense physical pain and persistent hunger.

From a very young age, Amelia worked alongside her Mom, Elizabeth, selling whatever they could to make ends meet. And, **Amelia worked alongside her Mom, Elizabeth, selling whatever they could to make ends meet.** mother developed what they later learned to be epilepsy. Caregiving became an important part of her growing list of duties.

She says with some regret, "I never went to school because I had to be by my mother's side. She could not be left alone - any fall could end her life. There was no one else to care for her." For Amelia and Elizabeth, weekdays and weekends are spent collecting recyclables from the streets and selling flowers at street corners. They manage to earn enough to cover rent for a stable but rundown local garage space. With a bed, a portable stove, a shower head and a toilet, this is home. Before coming to MEND, they would scour for food in dumpsters.

But, their lives changed one September morning in 2016, when a *continued inside*

WISHLIST ITEMS

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



FOOD

We need donations of: canned tuna, canned tomatoes, canned chili, canned vegetables, canned fruit, canned juices, canned soups, 2 lb bags of pinto beans, 2 lb bags of rice, spaghetti, granola bars, peanut butter, dry milk, ground coffee, and oatmeal.



BLANKETS

Help us collect warm blankets to fill our holiday baskets. Together we can share the warmth with our families, and those who are homeless, during the holiday season. NEW twin, full or queen blankets are needed.



TOYS & GIFTS

Help us bring holiday cheer to the families we will be serving during our distribution by hosting a toy and gift drive. For many children, this will be the only toy or gift they receive.

GIFT IDEAS FOR CHILDREN IN NEED

- | | |
|------------------|-----------------------|
| Dolls | Action Figures |
| Toy Cars | Music Players |
| Board Games | Basketballs/Footballs |
| Dress Up Sets | Remote Control Cars |
| Building Blocks | Educational Baby Toys |
| Skate Boards | Puzzles |
| Sports Equipment | Purses/Tote Bags |
| Jewelry Sets | Scarves/Glove Sets |
| Craft Sets | |



LETTER FROM JANET

Every month, thousands of people, like

Amelia and Elizabeth, come through the doors of MEND seeking relief.

And they find it here at MEND, thanks to you.

One of the most insidious effects of poverty is hunger. Food is essential to our survival. When our survival is at stake, our other basic needs – including health and wellbeing – are compromised.

Seventy percent of the families we serve have an income of less than

Seventy percent of the families we serve have an income of less than \$20,000 a year – barely enough to cover the costs of housing and transportation in

Los Angeles, leaving very little – if any – to pay for food and other necessities.

Families who come to MEND are able to obtain fresh, nutritious food relieving their worry about where money will come from to pay for groceries.

Of course, none of this would be possible without YOU, our generous donors, our dedicated volunteers, our devoted staff, and our committed board – all interlocking pieces that come together to create a safety net of support for thousands who experience poverty each day.

Grateful for your support!

Janet Marinaccio
President & CEO

UPCOMING EVENTS

Giving Tuesday: November 27, 2018

We want you to know that MEND wouldn't exist without you. It's as simple as that. This November 27th, join the movement and give generously to support our poverty alleviation programs. We're grateful for you.

#GIVINGTUESDAY

Christmas/Holiday Program: October – December 2018

It's the busiest time of the year for MEND and we invite you to join us to bring cheer to over 2,300 of the most vulnerable families and individuals in our community! You can adopt-a-family or donate to help many more. You can also volunteer to serve meals, hand out food boxes or recreate Santa's workshop where more than a 1000 families will "shop" for toys. For more information please call, (818) 686-7360.



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MEND volunteer decided to approach them and mention MEND. To her surprise, being so close, they had never even heard of MEND. She took it upon herself to bring them in that same day.

At the time, Amelia was suffering from a 3 year old infection in her mouth from a laceration to her gums from a trash can lid falling on her while scavenging. She was in severe pain, and unable to eat solids. She was terribly emaciated.

At MEND, our priority was to get her looked at by our Dental Clinic while her mother was treated at the Medical Clinic. As we learned, this was their first encounter with medical professionals who provided them their first complete physical examinations and complete

dental check-ups.

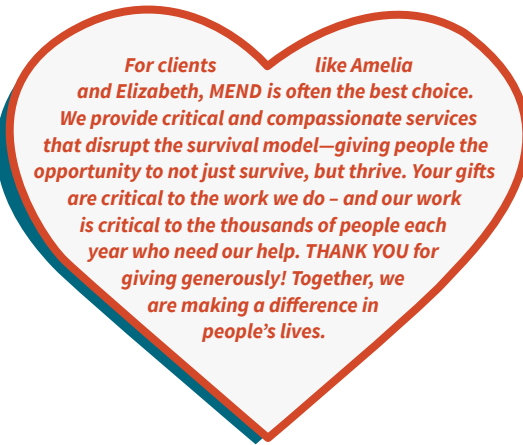
It has been two years since mother and daughter stepped into MEND and Elizabeth has not had another episode of epilepsy thanks to the care and attention of MEND's Clinic.

Amelia shares, "We don't deserve any of the attention we receive at MEND."

And of course, we disagree.

With regular dental care and her infection gone, Amelia is smiling again. In addition to medical and dental services, Amelia and her Mom also receive a food box regularly.

Our help does not stop at the Clinic and Food Bank, and we hope to continue to help this mother and daughter



overcome their struggles, and begin to thrive. Thanks to generous people like you, we are able to intervene, with dignity and respect, in the lives of individuals like Amelia and Elizabeth. We are grateful for your support.



THANK YOU DISNEY Voluntears for supporting our Head to Toes event and helping give 263 Pacoima third graders an amazing Back to

School experience! It was a day filled with so much fun and laughter! Our 18th annual Head to Toes event provided students from a local elementary school with free dental and vision screenings, new pair of shoes, backpack with school supplies and engaged them in multiple arts & crafts activities. To quote one little girl: It was the best day ever!



Planned Giving



YOU'VE GOT A STORY TO TELL. Who you are, what you believe, what matters to you most and the impact you want to make in this world and in this community.

Let us be part of your story.

Your gifts change lives and will continue to do so through your legacy gift with MEND.

How Will You Be Remembered?

The community around us is continually changing. We see an increase in poverty, homelessness, food insecurity and struggling families. What has not changed is the ability of one person—YOU—to help ensure a safety net for vulnerable families and individuals for generations to come. We hope you will consider making a legacy gift that will enable MEND – Meet Each Need with Dignity to continue to provide life-transforming programs and services with compassion and dignity.

An excellent way for you to continue your legacy is to leave MEND a bequest in your will, living trust or with a codicil.

Please contact Chanya Blumenkrantz, Chief Development Officer at, (818) 686-7320 if you have any questions about how to make a bequest to MEND or to request any additional information that might be helpful to you and your attorney as you consider making a bequest.

You can also find additional information as well as sample documents for your use at our online site here: <https://mendpoverty.org/make-a-donation/mend-legacy-society>

If you have already included a bequest for MEND in your estate plans, thank you! We would like to recognize you for your gift.

STAFF INTERVIEW: Gabriela Olea, Client Intake Coordinator



"ONE FAMILY THAT STANDS OUT to me is Rosa's family. Rosa is a grandmother who has taken custody of her four grandchildren after their mother, who suffers from substance abuse, stepped out of the picture. Even though she was struggling financially, she did not want her grandchildren to end up in the foster care system.

Rosa comes in to receive emergency food and clothing for her grandchildren, but one particular day we were able to give her more. I received a phone call from a donor who wanted to give clothes and toys to MEND but wanted to make sure they all went to a specific family in need. Immediately I thought of Rosa. The donor dropped off clothes, shoes and toys and we brought in this family to choose what

they needed. Watching the little girls go through the shoes and toys was such a joyful moment. They were all so excited, so much so that it did not matter if the shoes and clothes were too big. They were just happy to receive!

There is something so powerful about a woman who after raising her own children makes a decision to take on the responsibility of her grandchildren to prevent them from entering foster care.

Rosa's story is the story of so many of our clients - men and women who find themselves in difficult circumstances. I'm so proud that MEND is able to make a difference in so many lives every day. We know their background, we know their needs, we know their story and clients know this is a safe place."