

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.
- 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
WINTER | 2019



Because of you, over 2,000 families and individuals experiencing homelessness, had a less stressful and more joyful holiday in 2018. Thank you!

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 Joe's story and how he was served at MEND. Thanks to you, we offer free and compassionate care to uninsured 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.**



JOE'S STORY

"I owe my new-self to MEND for helping me when I needed someone the most."



TO DESCRIBE JOE as the *human energizer bunny*, would be an understatement. Most days, bright and early, you will find Joe at MEND's Clothing Center drop-off area, helping unload donations, thanking donors, or working at other areas of the building. He is non-stop! Lifting, hauling, hurrying from one assignment to the next, he works like a man making up for lost time.

And he has much to be proud of about his life today. But that was not the case just a few years ago.

Joe has been a regular volunteer ever since the day, more than 7 years ago, when he was referred to MEND by

a rehabilitation treatment program where he was enrolled.

At that point, Joe had hit his bottom. He had lost his family, his home and his job. His addiction had driven him to homelessness. So, here he was, at MEND, hoping to start over.

Reflecting on that time in his life, Joe says: "I owe my new-self to MEND for helping me when I needed someone the most. I've been all around LA when I was at my worst, and let me tell you, there is nothing out there like MEND. Nothing."

Joe's first assignment at MEND was at the Food Bank. And this is where

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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, 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.

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 *Finding Hope*

Hope smiles from the threshold of the year to

come, whispering, 'It will be happier.'
- Alfred Lord Tennyson

At MEND, to simply provide services to help our clients get through another day is not enough. Our 2019 New Year's Resolution is to do all we can to instill

Our 2019 New Year's Resolution is to do all we can to instill hope – optimism that things will, indeed, get better.

Charles Snyder, a specialist in positive psychology, believed that hopeful thinking is driven by three things: goals, pathways, and agency.

We agree. That is why in the fall of 2018, MEND launched its first-ever intensive case management services, the Family Support Program.

In our pilot year, we are guiding families who have used services at MEND over extended periods of time – even generations – in establishing goals to support their self-sufficiency and capacity to thrive. And as you will see from Ana's account in this newsletter, we are beginning to see results.

None of this is possible without your support. Thank you for offering hope to those in our community who are struggling, to those for whom hope is a commodity not to be squandered. Together we are changing lives!

Grateful for your support!

Janet Marinaccio
President & CEO

THE BUCKET LIST

WE STARTED THE NEW YEAR with resolutions – to exercise more, smile often, quit smoking and maybe even, to love again. Perhaps you are still working on those resolutions. We hope so! But the New Year is also the time of the year when we brush up on our bucket list. Or start a new one.

As you write yours, **will you consider adding "Change Someone's Life" to your list?**

Resolutions and bucket lists connect us to our aspirational goals – those that define how we will live our life and ultimately hope to be remembered.

Elsewhere in this newsletter you've learned a little about the aspirational goals that our families are setting for themselves as well.

To find a good job.

To escape poverty.

To make a better life for their kids.

You can help by making a donation of any size today. If you have already included MEND – Meet Each Need with Dignity in your will, thank you! Your gift, when the time comes (far into the future, hopefully) 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 bequest information and sample documents at our online site here: <https://mendpoverty.org/make-a-donation/mend-legacy-society>.

In the end, we regret only the chances we did not take. Take a chance on saving a family today. We're grateful for your support!

Bucket List

- 1) See the Northern Lights
- 2) Learn a new language
- 3) Finish a marathon
- 4) Change a Life

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we learned what a hardworking volunteer Joe would turn out to be! It wasn't uncommon to hear his supervisors calling out "Slow down Joe!", "Take a break already, Joe!" He just gave his all, 100% every single day with such passion and selflessness.

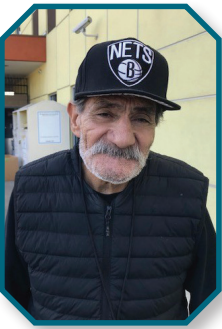
And yet he had almost nothing. So even while Joe was giving back through his time and labor, MEND was there for him with food, clothing, healthcare, and hugs and friendship. He also received support and care to overcome his circumstances.

Joe is no longer homeless. And seven years later, his second

home is still MEND.

He shares: "And for all that MEND has done for me, I take my shirt off my back for this place and the staff and volunteers who have become my family."

We are inspired by Joe every day, and grateful to you, our donor, for making such a real impact in the lives of so many in our community. Thank you!



CORPORATE SPOTLIGHT

OUR DEEPEST APPRECIATION to Southern California Gas Company, our 2018 Christmas Program presenting sponsor, for partnering with us to provide hope and cheer this holiday season. Over the course of two days, 22 of their staff joined us in serving 170 meals and handing out gift bags filled with essentials to hungry and vulnerable people who are too often forgotten during the holidays – those who are homeless, who live alone, and who are seniors. We are grateful for your generous spirit and desire to make a difference in the lives of those who struggle.



UPCOMING EVENTS

Please Save the Date! Wednesday, May 1



6 to 9PM @ Skirball Cultural Center

Honoring those committed to solving food insecurity in our communities. Visit mendpoverty.org for more information. To buy tickets, please contact Jackey Arriaga at, Jackey@MendPoverty.Org or (818) 686-7360

FROM THE FRONTLINES: Ana Mendez, Family Support Program Supervisor



EVERY WEEK, I SEE HUNDREDS of clients come to MEND to receive emergency food and clothing. If you ask any one of them you learn that many have been living a cycle of poverty for generations. The Family Support Program here at MEND seeks to address that challenge. My team focuses on understanding their situations and living

conditions. We see struggling families in our lobby every week but we don't know their story and now we have built a space to meet with them, listen to them, understand their background and help create a plan for success.

Each family in the program receives a weekly check-in that helps to build trust. They share more than just their employment or housing situation. **They share their fears and**

their dreams. And we listen. Together, we help unearth obstacles that are holding them back from thriving. Many have language barriers or immigration challenges. But most of all, they are afraid to ask for services. This is why we're here. You, our supporters, have helped us build this team – to help our families overcome their challenges and navigate to the other side. At the end of the day, our most successful client is the one who no longer needs MEND because he or she has the skills to move forward.

Thank you for your support of MEND's mission. We are already seeing success in our first group of families and look forward to sharing more stories of accomplishment with you in the near future. 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.