With dignity and respect, powered by volunteers, MEND's mission is to break the bonds of poverty by providing basic human needs and a pathway to self-reliance.



The Joy of Adopting a MEND Family



MEND is always in need of holiday gifts for older kids

Last year, Melody Cutler and fellow employees of Park Regency Realty in Granada Hills participated in the MEND Christmas Program by generously adopting three MEND families for the holidays.

To provide an insight into the process, Melody shared her experiences. One family they adopted lived in one bedroom of a small apartment.

Mom asked for clothing and shoes for her children Yohana, 14; Alexis, 12: and Ernie, 6. In addition to tennis shoes for all, Yohana received a bathrobe, Alexis, a sweater, and Ernie, jeans. Each got a fun gift as well: a football for Ernie; drawing paper and an art set for Alexis; and a manicure-pedicure set for Yohana. Mom received tennis shoes and a sweater. Because the family wanted to make pozole for Christmas, Melody's group included the

ingredients along with a Food for Less gift certificate.

When the team brought them the gifts, the family met them with big smiles. The experience was so rewarding for the group that they will be adopting again this year.

Teens and pre-teens like Yohana and Alexis are often the most difficult age group to buy for at Christmas. As a result, we never have enough gifts for them. Help us change that situation this year by buying one or more of the following items on our teen-gift wish list: sports balls of all kinds, sweatshirts, socks, wallets, art supplies, jewelry, makeup and manicure sets, purses, watches, or any similar gifts a teen might want. Whether adopting a family or buying articles to include in our "toy store" at MEND, we need your help. Won't you please share with those in need?

THE MEND WISH LIST

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

Volunteers Needed:

Tutors: 2.5 hrs/wk, Tues-Fri afternoon Computer Lab Monitor/Computer Class Instructor for youth computer courses: 2.5 hrs/wk, Tues-Fri afternoon

Art Project Coordinator: 3 hrs for one Sat/mo

Endodontist: 3+ hrs/mo Oral Surgeons: 3+ hrs/mo

Pharmacists: 3+ hrs/wk or once/mo

Clothing Check-out Clerks, Stockers and Sorters: Tues-Sat

Clothing Solicitation Committee Members: flexible hours or work from home

Clothing Special Event Coordinator: flexible hours or work from home

Optometrists: 3 hrs/wk or once/mo

Teachers Assistants: Tues-Thurs, AM and PM Teachers who have knowledge of Microsoft Office

2010: Tues-Thurs AM and PM Clerical Assistants: Tues-Thurs, PM ESL teachers: 3 hrs/ wk Tues-Fri, AM & 3 hrs/wk, Tues-Thurs, PM

Outreach Assistants: 2 hrs/wk for community

affairs and events

Token Distribution Assistant: 3 hrs, twice/mo Food Rescue Program Drivers: Tues-Fri, and/or Sat, hrs vary AM

Food Bank Shipping and Receiving Clerk: Tues-Fri and/or Sat AM

Letter Writer: Flexible hrs - can work from home

Items Needed:

Youth sized guitars (half and quarter size guitars) Adult toothbrushes and dental floss • Computer equipment • USB flash drives • RW CD/DVD Computer Cleaning Supplies • Men's clothing Gently used men's shoes • Gently used underwear Travel size toothpaste • Travel bottles (for shampoos) • Blankets • Plastic tarps 18X18, Qty:4 • Dolly • Filing cabinet locks • Headphones

- Electric bill counter Coin sorter Peanut butter
- Canned tuna

Upcoming Events

October 27 **Christmas Super** Saturday Home Visits

November 3 **Christmas Super Saturday Home Visits**

November 28 "Friends for Good" Breakfast

December 13–16 **Christmas Basket** Distribution

Happy Holidays!

Make a Merry MEND Christmas



SCRATCHING YOUR HEAD ABOUT YOUR HOLIDAY GIFT LIST?

MEND suggests a creative and meaningful holiday gift idea for those hard-to-buy-for clients, friends, and coworkers. Why not give a "Holiday Gift of Love" to MEND in their honor? MEND will acknowledge your donation by sending a colorful holiday greeting card to those on your gift list. The greetings can be customized for Christmas, Hanukkah, Kwanzaa or New Year's. Just use the envelope enclosed with this newsletter and we will do the rest. For more information, contact MEND's Development Manager Tarry Kang, 818.686.7320 or tarry@mendpoverty.org

Long-time, Christmas volunteer, Bette Baer, assists a MEND client in Toyland during Christmas Basket Distribution

For many families in the Northeast San Fernando Valley struggling to make ends meet, the joys of holiday meals and gift giving are out of reach. You can help by taking part in the MEND 2012 Christmas Program. The neediest families applying to MEND's program are adopted by volunteer families or groups; others who meet federal poverty guidelines come to the MEND center to pick up a holiday basket.

MEND offers a wide range of opportunities for getting involved:

• Help screen families for eligibility for the adoption program. After a training session, you will visit applicant families

in their homes to assess their needs. Oct. 27 & Nov. 3.

- Donate food, blankets, and toys and other gifts. We especially need gifts for teenagers. Donations must be received by Dec. 12.
- Magnify your efforts by organizing your own food, or toy, or blanket drive to benefit MEND clients. Learn more about how to organize a drive from MEND's website, www.mendpoverty.org.
- Volunteer as a driver to pick up donations. If you own a pickup truck, van, or SUV, you can help. Or, if you are an experienced driver, you can pilot one of MEND's 16-foot box trucks.
- Join MEND's Basket Packers and "Gift Givers." Help sort and distribute toys, gifts, and food for holiday meals, and to pack Christmas Baskets.

 Nov. 20 Dec. 18.
- Call first to sign up 818.896.0246
- Adopt a Family for Christmas! After being matched with a family, you'll buy them clothing, blankets, toys, food for a holiday meal, and a small household item such as a space heater or dishware.

Volunteer today by calling **818.896.0246** or by emailing adoptions@mendpoverty.org.



Volunteer driver, Matthew Villa, hops into a MEND truck to make a donation pick up run

Drivers help bring holiday cheer

Before Santa Claus can deliver the goods at MEND's Christmas distributions in December, a team of volunteer elves is out collecting food, gifts and other supplies donated to brighten the holidays for thousands who struggle to make ends meet. Among those volunteers is Matthew Villa, who will be driving around the Valley in the next several weeks to pick up loads of holiday donations for the MEND. In his third year as a driver, he will drive the MEND truck and help load it on his stops.

He looks forward, he says, to helping out and to sharing holiday goodwill with businesses that donate each holiday season. Dozens of schools, businesses, churches and social groups provided donations in 2011, keeping elves like Matthew busy, making more than 60 runs in all.

Matthew was deeply impressed last year with all the people who wanted to help MEND families. "I just like helping out, giving back," he says. "It's the best thing in the world, helping people help themselves."

New Shoes, Bright Smiles



Third graders exit MEND with brand new shoes and backpacks after their Head to Toes check-ups

Late this summer, MEND held its annual Head to Toes event, in which more than 200 third-grade students from Vaughn Next Century Learning Center came to the MEND Center for wellness activities, checkups and school supplies.

After entering MEND's doors to the applause of the Disney VoluntEARS and MEND receiving line, the students divided into groups by class. Each class rotated through stations for dental screenings and fluoride treatment, teeth-brushing lessons, vision

I wish to make a donation of \$

screenings, an exercise activity, arts & crafts, and new shoe selection. At the end of their shift, each child received a new backpack, donated by the Walt Disney Company, and new basic school supplies, donated by the Ella Fitzgerald Charitable Foundation.

"This day is a staff favorite at MEND," said Maria Salmeron, MEND's Associate Program Director. "We see on the kids' faces how much they enjoy a day crafted just for them. Somehow, even the dental checkups go well. We make wellness fun."



(all charitable donations are tax deductible)



We Remember

Ottilia 'Sis' Wiget, long time MEND volunteer, passed away recently. She is best remembered for her dedication to the MEND Medical Clinic. Starting in 1994, Sis was among the first volunteers that helped establish the clinic. She volunteered as a registered nurse and committed her time every Thursday to help uninsured and indigent patients at MEND. She was also active on MEND's Christmas Program Committee. Her contributions and commitment to MEND will be fondly remembered.

Won't you please give serious
thought to ways in which you
and your family can share your
time, talents, and resources
with MEND? If you would like
to become involved, please fill
out this coupon and mail it to:

MEND — Meet Each Need With Dignity 10641 N. San Fernando Rd. Pacoima, CA 91331

or call us at MEND: 818.896.0246

Fall 2012 MEND Newsletter

Please return the completed form with				
your donation. Tell us how you heard about				
MEND				

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☐ My check is enclosed				
For credit card donations, please visit MEND's secure website, www.mendpoverty.org Now accepting American Express, Discover, VISA and Mastercard				
\square I would like to volunteer my services to a MEND program or committee. What would you like to do?				
☐ Please note my 'Change of address'	ote my 'Change of address' Please remove me from your mailing list			
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Street				
City	State	Zip		
Email				

Chairperson's Corner



It's fall and we can feel the rush of new beginnings that often accompany the start of this season. Such beginnings can be found at MEND as well, building on a tradition of volunteer-powered services. We have begun an exciting new model of board member involvement. Beginning in July, we moved to a two-board model, which we hope will help to move MEND to the next level. In place of our original terrific board of directors, a

governing board will do creative thinking and strategic planning for the future direction of MEND, and a program board will oversee the planning of new programs and the evaluation of existing ones. I am honored and delighted to be the new chairperson of the governing board. Both boards, together with staff, recently completed a half-day retreat in which we were inspired to begin thinking differently. We looked at MEND, California's 2012 Nonprofit of the Year, in the context of having gone from "good to great" in an ever more challenging environment of increasing need and diminishing resources. This exercise was the first step in creating a new strategic plan built on our accomplishments. As part of the movement to end poverty, we will continue to "Meet Each Need with Dignity."

Susan Blumenfield, DSW
Chairperson, MEND Governing Board

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MEND Donors

Special thanks to the following MEND donors, including foundations, businesses, churches, schools and other organizations that have contributed to MEND since our last issue:

Blue Shield of California
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CareMore Foundation
The Lawrence P. Frank Foundation
The Louis W. and Gladyce L. Foster
Family Foundation
Kohl's
Los Angeles Regional Foodbank
QueensCare
Southern California Edison
St. Paul The Apostle Catholic Church
University of the Pacific

CREATING A LEGACY WITH MEND

After you have taken care of your children or others close to you, consider designating a portion of your estate - or specific valuable items within your possession - to MEND. MEND spends less than 6% of its revenues on administrative and fundraising expenses, so you can be assured that the proceeds from your estate will be well-utilized to help low income families in critical need. Once you have made the decision to support MEND, please let us know by contacting Marianne Haver Hill, President and CEO, 818.686.7321.

2012 California Nonprofit of the Year

Fall | 2012

Return Service Requested

MEND - Meet Each Need With Dignity 10641 N. San Fernando Rd. Pacoima, CA 91331



