

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.



SPRING | 2016

matters

mendpoverty.org



MARTHA SALCEDO

"I get to walk to work and I have my own place now with all my kids," 38 year old **Martha Salcedo** says.

Six years ago, before she came to MEND, Martha was living on the streets with nowhere to go.

MEND started by providing immediate needs: diapers, food and clothing for her family. "I know what it's like to be hungry, to be cold. I never want my children to go through the things I went through," Martha says. "With the help of MEND, I can provide for my children what they need."

Martha became a MEND volunteer to give back to the organization that means so much to her. "My experience as a volunteer was great! Everybody was so nice and I began making friends here."

Encouraged to take control of her future, Martha enrolled in the Greater

Avenues for Independence (GAIN) program and began working in MEND's foodbank. Upon completion of her warehouse and food preparation training at MEND, she obtained employment.

She now works as a night stocker at the local Wal-Mart and has a home for her and her three sons.

In 2015, the number of client visits to MEND averaged 37,000 per month. Though the numbers seem overwhelming, Martha Salcedo's road to self-sufficiency is the success story that MEND continues to strive for with all of our clients.

"I always recommend MEND to the single mothers who are struggling to make ends meet," says Martha. "I speak fondly about this organization. They have become my second family. They're nice people. They're friendly and helpful."

THE MEND WISH LIST

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

Volunteers Needed:

Home Visitor: 4hrs/wk Tues-Saturday

ESL Teachers: 3hrs/wk Tues-Fri, AM & 3hrs/wk Tues-Thurs, PM

Computer Lab Instructors: 3hrs/wk Tues-Thurs

Data Entry: 6hrs/wk Tues-Fri

Clothing Rescue Driver Assistant: 4hrs/ every Wed, AM or 4hrs/every Fri, AM

Clothing Donation Receiver: Flex Hours Tues-Friday 12- 5 PM

Tutors: 2hrs/wk Tues-Thursday 3-6PM

Orthodontist: 3+hrs/month

Oral Surgeon: 3+hrs/month

Hygienists: 3+hrs/month

Registered Dental Assistants: 3+hrs/month

Optometrist: 3hrs/month Sat

Physicians & Nurse Practitioners: 3hrs/wk or once a month

Registered Dietitians: 3+hrs/month

Food Rescue Drivers: Tues- Fri, Sat. 10:00-1:00PM

Kitchen Assistant- Cooking, Prepping & Sanitation: 3+hrs/wk Tues, Thurs, Fri, Sat. 7:30-11:30AM/12-4PM

Wish List Items:

School Supplies
Pedometers
Disposable & other Dental Materials
Dentist chairs and stools
Tennis shoes
Single and double Strollers
Slow cookers, blenders, vacuums
Folding Shopping carts
Electric wheelchairs & walkers with seats
Adult Bicycles
Pallet Jacks
Food Donations needed:
Soup, Tuna, Peanut Butter, Cereal,
Granola/Protein Bars
Oral Hygiene products needed:
Toothbrushes, Toothpaste, Mouth Rinse

Upcoming Events

Jun 8

Poverty
Conference

July 9

Parking Lot
Fundraiser

July 26 – July 29

Staff Appreciation
Week

Aug 31

Head to Toes



The Not-So-Late Show starring The MENDers

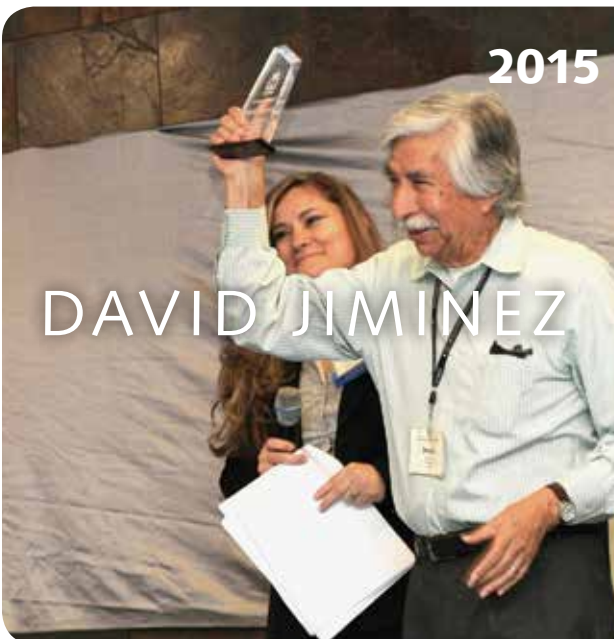
Volunteers who served the organization in this past year were treated to a celebratory dinner by the appreciative MEND staff. The dinner was held at the MEND Center on April 16th with over 200 people in attendance. In 2015, MEND's 5005 volunteers contributed 199,291 hours which amounts to 110 full time employees.

The event, appropriately titled "The Not-So-Late Show starring the MENDers," mimicked the structure of late night comedy shows. Comedian, **Jim Coughlin**, served as the host with

MEND staffers performing skits during the "commercial breaks." Volunteers of the Year from each department were recognized and sat on the "couch" to be awarded. Attendees enjoyed great music from DJ Rhythmic Productions.

Pearl Ricci, John O'Keefe, Art Salter and Dr. Sean Naffas were named *Department Volunteer of the Year* for the Education and Training Center, Administration, Core Services and Health Services respectively. **St. Michael and All Angels Episcopal Church** was honored with the *Community Partner*

in MENDING Poverty Award for their contribution to MEND for the last 12 years. **Bank of America** also received the *Business Partner in MENDING Poverty Award* both for their financial contribution and their employee community service days at the Center. MEND was honored that California Secretary of State **Alex Padilla** provided congratulatory remarks to our volunteers. Special thanks to the **Vons Foundation** and **Sigue** for their generous sponsorship of this yearly recognition event.



DAVID JIMINEZ

Agency Volunteer of the Year

For over 10 years, **David Jiminez** has been "the man behind the camera" capturing and documenting MEND. Whether it is our annual Head to Toes program, Volunteer Dinner, Poverty Conference or client photos, David is present for it all. His powerful camera is the means by which MEND stories are told and shared by the public. However, his contributions to the organization do not end there. He has been a "back-up" helper for MEND's co-founder, Ed Rose, picking up food from various stores and delivered food to some of MEND's homebound clients weekly. For the Christmas Program, he can be found conducting home visitations, troubleshooting problems that sometimes occur during the adoption process and distributing food during the Christmas Basket event.

David is known by staff members and volunteers alike for his dedication and positive attitude. His photography work has helped build MEND's legacy and positive outlook in the community.



NOAH FLORES

If anyone fulfills the mission of MEND, it is **Noah Flores**, who came from Mexico as a young man to America to “make something of himself in this country.” With help from MEND, he prospered.

Noah, a father of two sons and two daughters ranging in age from 15 to 25, runs a successful real estate business today – and more importantly, his two adult children have successful careers while his teenagers continue to excel in high school.

Thirty years ago, Noah, now 50, was a new immigrant who spoke little English and, though he had a job, he couldn't make ends meet. Noah found MEND, which provided him with

food and clothing services. Needing to improve his English speaking, reading and listening skills for a higher paying job, he enrolled in MEND's ESL (English as a Second Language) classes. Noah recalls his dedication to learning stating that he never skipped class and practiced speaking English away from MEND - at home, work, the grocery store and in the community. It only took about a year for Noah to become comfortable with his adopted language.

“There were a lot people who have compassion and there are people who care,” he said of the staff at MEND.

Through MEND's support, Noah was able to establish a small construction company and more

recently obtained his real estate license. He is living a comfortable life now and is dedicated to helping others follow his path. Last February, Noah was the featured guest speaker at an ESL teacher orientation where he spoke about his appreciation of MEND's services and encouraged volunteers to continue supporting the organization.

“By helping others, learning the language and adapting to the culture, it helps them (clients) go a long way,” he said. “Donors can help people know there is a future. MEND has the resources to really help people. It's better for the community, better for the country.”

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

SPRING 2016 MEND Newsletter

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

I wish to make a donation of \$ _____ (all charitable donations are tax deductible)

My check is enclosed

For credit card donations, please visit MEND's secure website, www.mendpoverty.org
Now accepting American Express, Discover, VISA, Mastercard and Paypal

I would like to volunteer my services to a MEND program or committee. What would you like to do?

I would like to help “The Christmas Program” by (please specify below):

I would like to put MEND in my will

Please note my ‘Change of address’

Please remove me from your mailing list

Name _____

Phone _____

Street _____

City _____

State _____

Zip _____

Email _____

Chairperson Corner



As I near the end of my 2 year tenure as the Governing Board Chair, I would like to share my reflections on the amazing work performed by the staff, volunteers and Board members towards delivering critical basic needs and the pathway to self-reliance to MEND's 37,000 clients.

Staff and volunteers prepare well balanced, nutritious food boxes for over 20,000 each month. The focus on fresh produce and healthy proteins, along with the home gardening program and nutrition, cooking, weight and diabetes management classes is making a huge, positive impact on individuals and families. The Job Training Program, introduced in 2013, has enabled over 1600 trainees to gain valuable skills and hands on experience in food service, customer service, warehouse, medical and dental assisting and administration. In keeping with the holistic service model, clients are able to receive professional, state of the art medical, vision and dental services from dedicated volunteer health professionals. The Clothing Center not only provides much needed clothing for work and school, but also a lovely shopping experience for all. The recently renovated Education and Training Center has passionate volunteers teaching eager students of all ages, expanding their horizons with language, literacy, computer and sewing classes and critical tutoring. With the increasing number of homeless clients over the past 2 years, staff and volunteers serve these individuals with dignity and respect.

It has been my privilege to serve in this capacity and I look forward to continuing to support the transformative work of MEND for years to come.

Virginia Tanawong

CHAIRPERSON, MEND GOVERNING BOARD

MEND LEGACY SOCIETY

"Having seen its impact on families with my own eyes as a volunteer, I truly believe in MEND's work. I went to high school with Ed Rose, one of the MEND founders, and am amazed at what he and thousands of volunteers have accomplished. When you visit the MEND facilities you can see for yourself the many important services offered to an average of 37,000 people every month to help them get back on their feet. MEND is cost effective and is doing the work I care about. Joining MEND's Legacy Society was easy and allows me to keep helping far into the future."

Judy Beer, Sunland

MEND Founding Legacy Society Member

We invite you to join Judy with a gift that often costs nothing during your lifetime, can offer significant tax advantages, and generously provides for MEND's deserving families. For more information, including simple ways to give through your will or trust, contact **Katie Patrykus** by: calling **(818) 686-7362** emailing **Give@MENDpoverty.org** visiting **MENDpoverty.org/legacy**



Thank you!

DONOR ACKNOWLEDGEMENTS

Thank You to all MEND donors, including foundations, businesses, and other groups that have contributed since our last issue. Please visit **mendpoverty.org** for a more detailed list.

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