

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 | 2015

matters

mendpoverty.org



Higinia Medrano says she was named after a saint. This comes as no surprise to MEND staffers. Higinia, aged 81, is probably the person that puts in the most volunteer hours at MEND.

Higinia, mother of five with 20 grandchildren, 23 great-grandchildren and one great-great grandchild first came to MEND in the late 90s as a client. She realized that in order to pass her US citizenship exam, she needed to take English classes at MEND. Her desire to give back to the organization started immediately upon seeing MEND's commitment to the community. To help, she thought of a small fundraiser - make tea and coffee for her classmates with all proceeds going to MEND.

When her class was over, she sought out more opportunities at MEND.

In 2001, she began sorting clothes daily from nine to five during the week and on Saturdays, helped with food distribution. Throughout the years, Higinia saw the need to repair donated clothing (in particular trousers and jeans) and put her sewing skills to work. She has been sewing on buttons, stitching and recycling clothes every day for the last 14 years.

During this time, Higinia has received food, clothing, medical and eye care services from MEND and says it is the primary reason that she has never stopped giving back.

"MEND talks to people in need with a smile and with warmth and I know how important that is when you need help, she says. "That is why I am here."

THE MEND WISH LIST

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

Volunteers Needed:

Home Visitor: 4hrs/wk Tues-Friday

ESL Teachers:

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

Data Entry: 6hrs/wk Tues-Fri

Clothing Rescue Driver Assistant:

4hrs/every Wed, AM or 4hrs/every Fri, PM

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

Microwaves

Strollers

Adult Bicycles

Food Donations needed:

Soup, Tuna, Peanut Butter, Cereal, Granola/Protein Bars

Oral Hygiene products needed:

Toothbrushes, Toothpaste, Mouth Rinse

Upcoming Events

Jul 9
Live Fresh Food
Cooking Event

Jul 28-31
Staff
Appreciation
Week

Jul 29
ETC Grand
Re-Opening

Aug 26
Head to Toes



A MEND Musical Throwback Celebration of our Volunteers

MEND's annual recognition of dedicated volunteers on April 18th 2015, was met with great appreciation and enthusiasm. This year's theme was a songful celebration of the decades since MEND opened its doors in the 1970s. Many volunteers were dressed to impress in their creative throwback attire that left all in attendance nostalgic. Emceed by MEND's Chief Financial Officer and all-around funny man, Scott Mikels,

attendees were treated to hilarious recreations of popular music videos from past decades starring MEND's multi-talented staff and of course, to a delicious dinner prepared by Foodbank Director, Richard Weinroth.

Universal Studios Hollywood was honored with the Business in MENDING Poverty Award for their support of MEND over the past 17 years. Universal Studios Hollywood President and Chief Operations Officer, Larry Kurzweil

accepted the award on behalf of the company and spoke of the importance of giving back. Bishop Alemany High School received the Community Partner in MENDING Poverty Award for their work in hosting food drives and their volunteer service since the 1970s. Special thanks to CBS and Albertsons and The Vons Foundation, for their event sponsorship and overall support.



Meet Elisabeth

Elisabeth Daniels was named the overall Volunteer of the Year to conclude the 2015 Volunteer Recognition Dinner. Elisabeth started volunteering as a little girl who accompanied her parents during their volunteer work at MEND. As a volunteer, she has hosted food drives, helped the Christmas Basket Program, prepared healthy meals for events, given nutrition presentations and much more. Three years ago, while obtaining her master's degree from CSUN, she became a leader in MEND's health education efforts by co-founding programs including Project Life and the newly launched Weight Management Program. Elisabeth's impact on the organization and our clients is long lasting as many clients have already begun to see improvements in their overall health and nutrition.



The 8th Annual MENDING Poverty Conference

The 8th Annual Poverty Conference, co-hosted by MEND and Valley Nonprofit Resources, was held on June 9th, 2015 at the MEND Center. This year's theme Income Inequality: Challenges and Opportunities for the Nonprofit Sector addressed the timely topic of income disparity and inequality on national and local levels. The nonprofit CEO roundtable featured guest was Wendy Garen, President of the Ralph M. Parsons Foundation who also welcomed all attendees. She stated that grants given by the Parson Foundation are seen as investments in the community as it takes partnership with nonprofit organizations to make a lasting impact in the community.

The morning keynote address was given by Robert Kleinhenz, PhD, Chief Economist of the Kyser Center for

Economic Research at the Los Angeles County Economic Development Corporation. Dr. Kleinhenz gave a detailed and informative presentation on the federal and local economy within the last years since the Great Recession. The morning keynote was followed by three concurrent workshops aptly titled LA:RISE – A Fresh, Integrated Approach to Workforce Development, A Heavy Burden – Income Inequality and Health, and Job Training Policy and Inequality Among the Working Poor. Each workshop was comprised of a panel of leading experts in their field. The luncheon keynote address was delivered by Adam Gamoran, PhD, President of the W.T. Grant Foundation. Dr. Gamoran spoke in depth about the inequality trends, the effects of inequality and the need for

research to help identify problems and solutions to reduce inequality in all spectrums. Attendees included nonprofit agency executives, program managers and poverty experts across the Los Angeles area.

MEND LEGACY SOCIETY

After providing for you and your loved ones, would you be interested in helping MEND's future clients break the bonds of poverty while lowering your taxes?

Planned giving can help you do that and more. A planned gift can be as simple as a gift to MEND in your will of an asset that you no longer need or want. Or, if you'd like a guaranteed income stream, often with higher rates of return than bank CDs, consider a charitable gift annuity that benefits MEND.

MEND's Legacy Society recognizes donors who have provided for MEND with a planned gift of any size. You are invited to join MEND's Legacy Society and create your own personal legacy that reflects your history, your values, and your dreams for all people to be self-reliant, caring contributors to our society.

Please contact **Katie Patrykus** at (805) 256-5924 or Give@MENDpoverty.org for more information, or visit MENDpoverty.org/legacy.

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 2015 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 part of the three year strategic plan that was created in 2012, the development and expansion of the Governing and Program Boards was a key objective towards building greater awareness of MEND's programs and services. Each Board member provides not only valuable functional expertise, but also serves as a connection to their business/organization and community of friends and family. A few recent examples of volunteer and financial support include Anthem Blue Cross, Kaiser Permanente and CSUN employees assisting with the Letter Carrier's Food Drive held in May and the corporate sponsorship of the MENDING Poverty Conference by Kaiser Permanente and Union Bank. These connections are invaluable to MEND.

Over the past several months, the Nominating Committee and the MEND Executive Team conducted a number of MEND tours and meetings with prospective Board members. We are pleased to welcome 19 new Governing and Program Board members for the upcoming 2015-2016 term. The new Board members bring extraordinary expertise and talent, as well as an incredible commitment to MEND's core mission, to break the bonds of poverty by providing basic human needs and a pathway to self-reliance.

*Virginia Tanawong, Chairperson,
MEND Governing Board*

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