WHEN YOU LEAVE A LEGACY TO MEND… YOUR STORY WILL LIVE ON.

We're deeply grateful on their behalf. There's more to a legacy than in the impact that your legacy will make in the lives of people in need. In the end, if the question is how you want to be remembered, then there's no better way than in the impact that your legacy will make in the lives of people in need.

Visit our online site: www.mendpoverty.org/legacy-society to receive additional information to help in your decision. You can also find legacy information and sample documents at our website: mendpoverty.org. Please contact Chanya Blumenkrantz, Chief Development Officer at (818) 686-7320 if you have any questions or would like to be added to our Legacy email list.

A WELL-PLANNED GIFT sustains your generosity after your lifetime and makes possible the care that the most vulnerable people in our community need.

If you have already included MEND – Meet Each Need with Dignity in your will, thank you! Your gift, when the time comes, 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 legacy information and sample documents at our online site: www.mendpoverty.org/legacy-society or scan the code for a direct link to our Legacy page.

Thank you for your kindness. In the past two years, your support has meant so much to those in our communities who are struggling. They still come to MEND in great numbers, and because you have been so faithful in your support, we are able to feed thousands of people each month, intervene with mental health supports, extend help to those who are homeless, offer COVID vaccines and allay fears, and through Here We Thrive, help rebuild stronger, more resilient families that are able to thrive. You are doing an extraordinary thing. We are entering another uncertain period. Perhaps it's simply an extension of the one we are in. Yet despite this pessimism of the world out there, closer to home I see a goodness that shows up daily… in our own lives and in the lives of those that MEND serves. And I see good and wonderful people like you who care about your neighbors. You give and volunteer to help people you may never meet, and you do so, even while you may also be feeling the effects of a changing economy. It is a proud reminder that we live in an incredibly generous, albeit complex country. It is a reminder that we live in an incredibly generous, albeit complex country.

More and more lately, I find myself reflecting on the stresses that our country is going through. The economic uncertainties, the exploding crime, the growing numbers of people living on the streets and in need. The loss of trust… and hope.

Thank you for your kindness.
IS THERE REALLY HUNGER IN LOS ANGELES?

EVEneD FEELs HUNGER. Bu, for most of us it’s a temporary discomfort we feel in between meals. A snack, glass of water or early dinner quickly takes care of it.

This is why we sometimes get this question: Are there really people who struggle with hunger in Los Angeles? Sadly, yes. In one of the richest cities, in the richest state in the country, a third of households report that they have struggled with hunger in the past year. Hunger is closer than we think.

During our recent food survey of the people you are helping us serve, 54% said that they either “Agreed” or “Strongly Agreed” with the statement: Without MEND, I would go hungry. There are families and individuals today who are uncertain whether they have enough food to last the week. For many unemployed people, poor seniors, and low-wage workers with families, some weeks are hungrier than others because even with careful planning they’re unable to stretch the grocery budget throughout the month. And as inflation sends prices even higher in grocery stores, we are seeing more and more people join the distribution line again. So last Friday, we chatted with people in line, as we always do, but this time we asked how they’re holding up given present circumstances. They all shared that they did not have enough food at home. They were getting by either by serving smaller portions and rationing food, hoping their children are still eating enough to stay healthy; or by going without so their children are able to eat.

For 70-year-old Ron and his wife, Jill, MEND’s food services are critical. He struggles with depression, and though he’s getting outpatient care at a local mental health center, each day is a challenge. Ron was at MEND to pick up a food bag because his wife’s EBT wasn’t available for another few days and food supplies were low. He comes to MEND whenever they need help. He says, gratefully: “MEND has always been here when we’ve needed food”.

Among the growing population of unhoused individuals and families, are the 41% of participants surveyed by MEND who are sharing a household with another unrelated family. Lacking basic securities such as housing and food means they face challenges that make it harder each day to get ahead. We recognize that helping families put food on the table isn’t the only solution, but it is a good start. When vulnerable people aren’t worried about food, they can sleep at night, focus in school and at work, and reduce stress and worry. Millions of meals are distributed by MEND each year, thanks to you, helping hundreds of thousands of individuals in Los Angeles battle hunger so they can survive and, with additional supports from MEND, remove barriers in order to thrive. Hunger in Los Angeles is a problem that won’t be solved today, but with your help, we’re doing something about it for our most vulnerable neighbors.

A GIFT MORE THAN FOOD – EVELYN’S STORY

Evelyn is thankful she joined. “[MEND] has provided me with encouragement and support to bounce back from my depression. She says: “The programs and services have been helpful…..they’ve connected me to others and encouraged me to meet my (health) goals.” Thank you for sharing this personal story, Evelyn, and for trusting us to be your lighthouse and place of safety.

A RESERVED 32-YEAR-OLD, Evelyn is also a single mother. She is an atypical client. For one, she has a college degree and before the pandemic, she was an arts teacher. But, for most of us it’s a temporary comfort we feel in between meals. A snack, glass of water or early dinner quickly takes care of it.

Maria is a strong woman, and we have no doubt that she’s going to find out that it was too late. Her mother and sister had already lost their homes. Worse, her young nephews were now orphans. Without hesitation, Maria took them in. Our staff worked quickly to respond to her immediate needs. We qualified her for rental assistance to wipe her debt clean, and enrolled her in MEND’s food services. Our urgent goal now is to help her deal with some of the considerable burden caused by this terrible tragedy. In the next months, we hope to introduce Maria to Here We Thrive so that she can work one-on-one with a professional to find a long-term and sustainable solution to the challenges she is facing. Maria is a strong woman, and we have no doubt that she’ll come through this trauma in the end. And when she’s ready, because of your help, she’ll find a listening ear and the support she needs to overcome.

THE FAMILIES WHOSE LIVES YOU SAVE

THOUSANDS OF DOLLARS behind in unpaid rent, Maria was in danger of eviction and homelessness when she came to MEND. She needed help. We qualified her for rental assistance to wipe her debt clean, and enrolled her in MEND’s food services. Our urgent goal now is to help her deal with some of the considerable burden caused by this terrible tragedy. In the next months, we hope to introduce Maria to Here We Thrive so that she can work one-on-one with a professional to find a long-term and sustainable solution to the challenges she is facing. Maria is a strong woman, and we have no doubt that she’ll come through this trauma in the end. And when she’s ready, because of your help, she’ll find a listening ear and the support she needs to overcome.