

Volunteers Mending Lives



# MEND

July - August - September 08'

*Matters!*

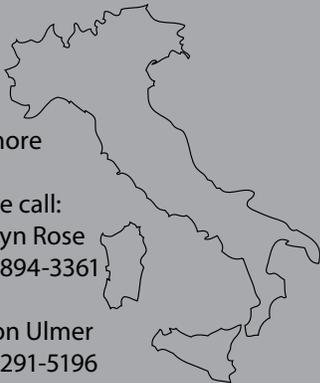
## Walking Group Recruits Family of 3 Generations!

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Join us at the MEND Center on Saturday, September 20th, 2008 for "Viva Italia!" Tickets are only \$35 & grant you access to pasta-bowls deep of food, fun, raffle items & surprise entertainment. Sponsorships are available.

For more info please call:  
Carolyn Rose  
(818) 894-3361  
or  
Sharon Ulmer  
(818) 291-5196



Cassandra Lagos, 31, and her family were recently recruited to join MEND's new Walking Group, which is part of MEND's Diabetic Clinic. The family of three generations includes Cassandra's 10-year-old daughter, 62-year-old mother and 64-year-old father. Cassandra learned about the Walking Group while she was accompanying her mom, Elvira, to the medical clinic. "I wanted us to walk in the program because I wanted my family to know how good it feels to exercise," Cassandra said. "I think it's important for them, and we've seen great results." Cassandra and her family have enjoyed their walks together so much that they have recruited their family, friends, and neighbors to join them on their neighborhood excursions.

Cassandra believes that the programs provided by MEND are very helpful and positive. Her parents have been clients of MEND for 5 years now, receiving food and other services. For the last 3 months, Cassandra's parents have

been patients in the Diabetic Clinic. In addition, Elvira has received vision care and eyeglasses through the Optometry Clinic.

"The Walking program has changed my life and has served as a positive distraction," Cassandra said. "My mom couldn't exercise before for different reasons, but since we joined the walking group we have noticed we both have more flexibility, where as before, we couldn't even touch our toes."

Kudos to the Lagos family for taking healthy steps! 

PHOTO: Cassandra and her mother, Elvira Gonzalez.





# The Executive Director's Corner

## Our Mission

as a volunteer-driven organization, is to provide services that meet the basic human needs of individuals who reside in the Northeast San Fernando Valley. These services are provided in a manner that safeguards the dignity of all recipients while promoting self-reliance.

## Our Philosophy

rests on the principles that every person, created in the image of God, has innate human dignity and the right to be treated with respect; and every person has the fundamental right to what is needed for a fully human life.

The MEND staff is currently involved in developing a proposal for a multi-year strategic plan for our programs that will be presented to the Board of Directors in October. An exciting area for growth for our agency is in our health clinics. In the original MEND facility on Van Nuys Boulevard, the clinics comprised roughly 1500 square feet. In our new Center on San Fernando Road, our Health Center is about 10,000 square feet, meaning that we have much more potential to add new and expanded clinics for our target population: those who are low income and uninsured, most of whom are the working poor.

Since the health fair that officially opened our new clinic space last October, there have been several initiatives to better meet the health needs of our patients: a weekly counseling program with a bi-lingual therapist; a weekly walking club; a six-week course on arthritis; additional days each month for women's clinics. The Lions' Clubs are actively raising money to match with a recent grant from the Kirschgessner Foundation to purchase a second set of vision screening equipment so that more than one volunteer optometrist

can work in our Vision Clinic at the same time. Many other patient services are in the planning stage.

People are often amazed when we tell them that all of the health professionals who treat our patients are volunteers. These volunteers could not be effective in their work, however, if it were not for the MEND staff that support and coordinate their efforts. I am very pleased that both of our clinic employees, Manager Maggie Torres and Assistant Dayana Guillen, originally started at MEND as volunteers years ago; after they finished their education and training, they were employed in the health field elsewhere before returning to MEND in paid positions. Maggie and Dayana both work hard to ensure that the healthcare MEND provides to our patients "meets each need with dignity".

We always welcome the involvement of new volunteer health professionals in our clinics, so if you or someone you know can fill this need, please call our clinic staff!

Marianne Haver Hill  
Executive Director MEND

## Newsletter Staff:

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MEND VOLUNTEERS

# THE MEND WISH LIST:

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

## Volunteers Needed:

### Administrative Volunteer

4 hrs a day/twice a wk

### Clothing Department Volunteer

M-F/1-5pm Must be able to lift 50 lbs minimum

### Dentists

3 hrs/month

### Dental Hygienists

3 hrs/month

### ESL Teachers- AM & PM

3 hrs/wk

### Home Visiting Volunteers

5 hrs/month

### IT Volunteer – 2-4 hrs/wk

### Optometrists – 3 hrs/wk

or once a month

### Pharmacist – 3 hrs/wk

or once a month

### Physician – 3 hrs/wk

or once a month

### Registered Nurses

3 hrs/wk

or once a month

## Items Needed:

Men's clothes

Men's shoes

Teen clothing

Children shoes

New underwear

(all ages)

Plastic grocery bags

for food distribution

Exercise mats



**MEND CO-FOUNDER AWARDED BY KAISER PERMANENTE**

Carolyn Rose (shown here with her husband and co-founder Ed) recently received two awards from Kaiser Permanente. Locally, she was selected as an "Everyday Heroes" award recipient. Nationally, Carolyn was one of 12 recipients of the David Lawrence Community Service Award, where she received a "Lifetime of Service" Award and a \$10,000 grant for MEND. Congratulations, Carolyn!



**MEND OFFERS THANKS TO UNIVERSAL STUDIOS FOR "CHRISTMAS IN SPRING"**

On Saturday, April 19th MEND hosted Universal Studios Hollywood's 17th Annual "Christmas in Spring." The annual event

is designed to offer families in need the opportunity to enjoy a family outing during a time of the year when the needs of families are often overlooked. A tropically clad Santa Claus (as seen in photo with children of MEND clients) warmed up the festivities with the help of SpongeBob SquarePants, Dora the Explorer, Diego and Universal Studios Hollywood employee volunteers. Each family received a hot lunch, and gifts for each member. The largest gift was given to MEND, but benefits the thousands of clients it serves each month... a new refrigerated truck!

PHOTO: Santa Claus with children of MEND clients at the "Christmas in Spring" event.



**MENDING HEARTS "ELEGANT TEA" EVENT RAISES \$40,000**

The MENDING Hearts Tea, An Elegant Tea event raised more than \$40,000 for the MEND agency! Event co-chairs Letty Siegal and Bette Baer, along with 36 volunteers did an amazing job of organizing the four-course tea and the entertainment. The event was sponsored by Universal Studios' Discover a Star Foundation. Pegi Matsuda, Publisher of the San Fernando Valley Business Journal, was honored with the first ever "Rose Award," named after honored MEND co-founder Carolyn Rose.



**HARDWORKING AND DILIGENT MEND VOLUNTEER, DR. FLEISHER DELIVERS!!!**

If you've visited the Medical Clinic you may have seen him: Male, retired, volunteering as an OB/GYN specialist at MEND. On occasion you may find him down in the food department, and if you're an early bird, you may even catch him driving one of the MEND food trucks starting at 6:30 AM! Dr. Fleisher is not only a volunteer in the medical clinic, but he is also on rotation to pick up donated food at local supermarkets that is then distributed to the many MEND clients in need.

Dr. Fleisher was introduced to MEND through co-founder Carolyn Rose, who was his nurse at Kaiser Permanente before she retired, and currently volunteers to help Dr. Fleisher during his clinic hours at MEND. Dr. Fleisher claims he's an old fashioned kind of guy: "I was trained to help those who need help, and I get more than what I put in."

"MEND provides a needed service to people who don't have anywhere else to go," Dr. Fleisher said. "It's very satisfying to help people who otherwise would not get the care." Thank you, Dr. Fleisher for sharing your time helping MEND!

**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 (818) 896-0246  
10641 North San Fernando Rd  
Pacoima, CA 91331**

- Please note my 'Change of Address'
- Please remove me from your mailing list

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

- My check is enclosed
- Please charge to (circle one):    Visa    Master Card    Exp. Date: \_\_\_\_\_

Credit Card # \_\_\_\_\_

Signature \_\_\_\_\_

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

I would like to help "STOP SUMMER HUNGER" by (please specify below):

I would like to make a donation to the MEND Capital Campaign! Please Contact Me.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

**ALL MEND DONORS ARE VERY APPRECIATED!**

**Current Program Support**

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Woodland Hills Rotary Club  
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**Capital Campaign**

Crescenta Canada Lions Club

*\*\*A very special thank you to all our donors, including the foundations, businesses, churches, schools, and other supporters that have contributed to MEND since our last issue.*

**UPCOMING EVENTS**

**Wednesday - August 27**

Annual Teeth to Toes Event

**Saturday - September 20**

Baby Layette Distribution

**Saturday - September 20**

Viva Italia Fundraising Dinner

**Wed Oct 1 - Sat Oct 18**

Client Registration

for Christmas Program

**Saturdays - November 1 and 8**

Super Home Visiting Saturdays

**December 3 thru 17**

Toy & Food Sorting



**SUMMER HUNGER**



This year marks the Second Annual **STOP SUMMER HUNGER** campaign, a food and fund drive to support the growing number of emergency food clients. In 2007, MEND served over 33,000 clients at the MEND center (a 30% increase from 2006), and through its outreach programs MEND served almost 418,000 recipients - combined MEND served a total of more than 450,000 recipients. Different factors contribute to the rising numbers of emergency food clients including job loss, disability and various other financial strains that can occur at any time of the year. **FOR DONATIONS OR MORE INFORMATION PLEASE CALL: (818) 686-7330.**

**RETURN SERVICE REQUESTED**



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**VOLUNTEERS MENDING LIVES!  
 JULY - AUGUST - SEPTEMBER 2008**  
 MEND Offices: (818) 896-0246  
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 Pacoima, CA 91331

