

Volunteers Mending Lives



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HOLIDAY GIFT IDEA!

MEND suggests a creative and meaningful holiday gift idea for those hard-to-buy-for clients, friends, and co-workers. 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 to Christmas, Hanukah, Kwanza 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 Emily Jue, 818-686-7320 or Emily@mendpoverty.org

MEND

October - November - December '09

Matters!



WHEN HARD TIMES GET HARDER

Cheryl Southwood, a single mother of three from Sylmar, thought times couldn't get harder after she was injured in a car accident and lost her job

because of disability. MEND, she says, stepped in with regular food donations and gave her family a Christmas. "We wouldn't have had a Christmas last year without MEND's help... plain and simple," she says.

Things, however, did get harder for Cheryl. She was recently diagnosed with cancer and is now raising her sister's three children. "I took the children in so that they wouldn't end up in foster homes," Cheryl says.

"It's a struggle, especially as I'm facing surgery in a few weeks, but MEND is our lifeline," she says. "Without MEND, we would be on the streets. MEND provides clothing and the extra food we need to make ends meet, and basically helps me and my family year round.."

Cheryl says it can take months for government assistance to be finalized for disability; in her case it's taking over a year. She says a few years ago she had it all: a steady job, a stable home for her family and the ability to provide for her children. This year she couldn't afford to buy her children birthday cakes on their birthdays.

"MEND even gave me a cake for my kids' birthdays. I can't tell you what that means."

MEND will continue to help Cheryl and her family until the family gets back on its feet. With your help MEND can continue to make a difference to families facing hard times. M





The Chairman's Corner

Vision

All residents of our community living in poverty attain self-reliance and contribute to society as caring human beings.

Mission

MEND is generations of diverse volunteers striving to relieve the effects of poverty.

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MEND Volunteers

A MESSAGE FROM THE CHAIRMAN:

Most people know that MEND would not be the organization it is today without our thousands of dedicated volunteers. However, many people may not be aware of the countless hours the members of MEND's Board of Directors spend supporting various programs each year.

Unlike many organizations, MEND has a true working Board. For example, between June and December, Board members Richard Bush and Robert Mayers -- together with Pat Hall, a long-time MEND computer volunteer -- devote many hours as co-chairs of MEND's Christmas program. MEND co-founders Ed and Carolyn Rose also remain very active in many areas, with Ed serving as a driver for the Foodbank and Carolyn as a nurse for the Medical Clinic. In addition, Steve Minie, OD, contributes his time and expertise in the Vision

Clinic, while Dr. Alan Glassman and Maritza Recinos are involved with home visits. Other Board members provide assistance behind-the-scenes editing newsletters, writing grant proposals and, in general, making hands-on contributions to the day-to-day work at MEND. I am just one of many drivers for our Food program.

On behalf of the Board, I would also like to thank CEO Marianne Haver Hill and her entire staff for doing such an outstanding job during these very difficult times, when demand for MEND's services are greater than ever before. It is only through the teamwork of the entire MEND family that we can continue to touch and transform the lives of the most impoverished members of our community each day.

**Ron Villafana, Chairman
MEND Board of Directors**



THE MEND WISH LIST:

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

Volunteers Needed:

Registered Dental Assistants

3 hrs/month

Food Pick-up Drivers

AM & PM

3 hrs/wk

Home Visiting Volunteers

5 hrs/month

IT Volunteer – 4-6 hrs/wk

Nutritionists – 3 hrs/wk

or once a month

Optometrists – 3 hrs/wk

or once a month

Pharmacists – 3 hrs/wk

or once a month

Items Needed:

New toys for children ages 3-5 and 10-14

New blankets for Christmas

Frozen turkeys for Christmas

Wall partitions

Lateral file cabinet

Pallet jack

Teen clothes

Men's clothes and shoes

Arts & crafts supplies



REMEMBERING MEND IN YOUR LIVING TRUST

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 in this way, please let us know by contacting Marianne Haver Hill, President/CEO at this number: 818-686-7321. 

YOU FEEL BETTER KNOWING THAT PEOPLE CARE

Fil Jaramillo began volunteering for MEND in 1987 and without fail would volunteer each year for the Christmas home visit program where he would evaluate the needs of underprivileged families and how they could be helped over the holidays. He says after these visits he would actively recruit volunteers from work, family and friends and try to get them to contribute what they could to help. Twenty years later and things haven't changed much. He says he is still recruiting volunteers



whenever he can... even from within MEND. "People often come to MEND to complete a community service obligation and I say, 'Hey, you are doing such a great job... why don't you come and help us out?' And you know what? Many of them do."

Fil is now retired and donates time each week to MEND's Food Distribution program and also helps in the MEND Business Office with bank deposit preparation. He says there are more families in need than ever before, but adds that a lot of people are also giving more. Fil is one of hundreds of volunteers that go above and beyond serving the community's poorest families. For more information on volunteering for MEND, please contact our Director of Volunteer Services, Lupe Acosta : 818-686-7327. 

CHRISTMAS VOLUNTEERS NEEDED THIS NOVEMBER

Each holiday season, MEND distributes baskets to hundreds of impoverished families in our community. This year, we need more volunteers to home visit the 1,200 families that have signed up for our Christmas basket program. The volunteers who have participated in this project in the past have noted that they often are welcomed into clients' homes as though they were Santa himself! We select two Saturdays in November as --"Super Saturdays"-- and offer a one-hour training program for volunteers who then go out in pairs to visit the families and assess their needs. During these visits, the most needy families are identified and are recommended for holiday adoptions by community groups or individuals.

This year, our Super Saturdays are on November 7th and November 14th, 8:30am - 3pm at the

MEND Center, 10641 N. San Fernando Road. To participate in the program or to help out with basket filling and distribution, please call Estela Santana at 818-896-0246 or visit MEND's website, <http://www.mendpoverty.org/programs.html#christmas>. 

WE'LL PICK YOUR FRUIT FOR YOU

MEND recently partnered with FOOD FORWARD, an all-volunteer group that picks excess fruit and donates it to local food pantries. So far, MEND has received over 10,000 pounds of fruit and recently participated in a pick in Montecito that yielded almost 5,000 pounds of oranges in one day. If it's just one tree or 100, FOOD FORWARD can coordinate a pick that not only helps growers but, of course, many families in need. For more information: 818-530-4125. 

MEND THROWS A BABY SHOWER

On September 30, 2009, more than 60 MEND clothing center recipients gathered for our Bi-annual Baby Shower. The mothers and their babies were treated to games, a delicious lunch, educational workshops on parenting, and presentations by local social service providers. They were also given new car seats, infant layettes, and baby toys and furnishings.



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. In the following way:

I would like to volunteer for the Christmas Program by (please specify below):

I would like to Adopt a Needy Family for the holidays and would like to be contacted about it.

Name: _____ Phone: _____

Street: _____

City: _____ State: _____ Zip: _____

Email: _____

A VERY SPECIAL THANK YOU TO ALL DONORS, FOUNDATIONS, BUSINESSES, CHURCHES, SCHOOLS, AND OTHER SUPPORTERS THAT HAVE CONTRIBUTED TO MEND SINCE OUR LAST ISSUE.

Advance America
 AECOM Technology Corporation
 Amalgamated Transit Union Local 1277
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 Anschutz Entertainment Group, Inc.
 Blue Shield
 California Community Foundation
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 California Credit Union
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 CH2M Hill, Inc.
 Chevron

Coca Cola
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 United Way
 Universal City Studios, LLP
 Valley Park Baptist Church
 VEDC
 Warner Bros. Entertainment, Inc.
 YPI

Capital Campaign
 Northwest Glendale Lions Club Charity Fdn

UPCOMING EVENTS

**Saturday – November 7
 & Saturday - November 14**
 Super Saturday Home Visiting

December 16-20
 Christmas Basket Distribution

December 24- Jan 4
 MEND Centers Closed for
 Annual Holiday Break

ADOPT A FAMILY THIS HOLIDAY

Why not ask your family, friends and workmates to come together and "adopt" a family this Christmas? It's a great way to give special thanks for the blessings in your own life while giving holiday gifts to a family in need. MEND encourages you to meet your adopted family before you deliver the gifts. Please plan to provide a Christmas meal, an item of clothing for each child and parent, and small household goods, such as towels or a blanket. Each child should also receive one or two new toys. The complete guidelines for MEND's Christmas Adoptions Program can be obtained on MEND's website: http://mendpoverty.org/pdf/MEND_Christmas_Adoption_Guidelines_09.pdf

To sign up or for more info fill out the Contributions Coupon in this Newsletter and check the appropriate box, or call: 818-686-7342 or 818-897-2443 ext.7342



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 OCTOBER - NOVEMBER - DECEMBER 2009**

MEND Offices: (818) 896-0246
 10641 N San Fernando Rd
 Pacoima, CA 91331

