

SHOW YOUR SUPPORT

People right here in the community need your help! There are many ways you can give: give your time, give items or give funds. AFL-CIO Community Services — and those the agency serves — appreciate everything you do.

Give new and used items

Every item received at AFL-CIO Community Services will be put to good use.

- **New tennis shoes and socks** for Soles for Christ

- **Diapers and wipes** for Diaper Depot

- **Used eyeglasses** for Lions Club eyeglasses program

- **New toys and gifts** for Adopt-A-Family

- **Any new and used items** for Fab-U-Less Finds (we are happy to pick up your leftover garage sale items!)

Items can be dropped off at 1203 N. 6th St., Tuesdays, Thursdays, and Fridays 9 am - 4:30 pm., or call 816.364.1131.

Give your time

Volunteers are truly the backbone of the agency's programs. No matter your skills, talents, and amount of available time, we have the perfect opportunity.

Call **816.364.1131** to sign up or with questions.

Give funds online, via phone or in person

Simply **scan the QR code** or visit **helpmenow.org** to donate funds online; call **816.364.1131**; or stop by **1203 N. 6th** to give in person.



Give by mail

Name _____

Address _____ City _____ State _____ Zip Code _____

Phone _____ Email _____

I want to make a gift:

In Memory: _____

In Honor of: _____

Please send notification of my gift to: _____

Address _____ City _____ State _____ Zip Code _____

☐ Cash Credit Card # _____ Exp Date _____

☐ Check Name of Card Holder _____

Check # _____ Amount \$ _____ ☐ Visa ☐ MasterCard ☐ Discover ☐ Debit

I would like to make a reoccurring donation to AFL-CIO Community Services.

Please charge my credit card:

Amount \$ _____ ☐ Weekly ☐ Monthly ☐ Quarterly ☐ Bi-Annually ☐ Annually

☐ I am interested in volunteer opportunities with AFL-CIO Community Services.

All gifts are tax deductible as provided by law.

Please make all checks payable to AFL-CIO Community Services

AFL-CIO Community Services
1203 N. Sixth St.
Saint Joseph, MO 64501

Return Service Requested

Printing services provided by Cookman Printing



AFL-CIO COMMUNITY SERVICES

Diaper Depot expands into monthly program

What began in 2012, as a Leadership St. Joseph project to avail local parents to emergency supplies of diapers, has now transformed into a monthly supplement diapers program.

In April 2023, Diaper Depot signed on with Happy Bottoms, a diaper bank in Kansas City. Through this partnership, parents in Buchanan, Andrew, DeKalb, Clinton counties in Missouri and Doniphan County in Kansas, are able to sign up to receive two-thirds of their diaper needs for the month free of charge. Diaper Depot also supplies a choice of wipes, ointment or powder with each pickup.

The goal of the program is to keep children, up to age four, healthier through increased diaper changes and to alleviate financial hardship for families.

A potty training kit is available, upon assessment, for children who are ready to transition out of diapers. Currently, there are approximately 100 children signed up to receive monthly diapers.

Eligible parents wishing to sign up for the program can visit the Diaper Depot section on helpmenow.org or scan the QR code to fill out their profile form on the HappyBottoms portal page. Enrollment in the program is free, but required.

Parents need to bring identification for themselves (driver's license or other ID) and for the child (birth certificate, medicaid card, etc.) for their first pickup. Weekly pickup days are Tuesdays 9 am - 1 pm and Wednesdays 1 - 5 pm each month; December diapers must be picked up in November, to avoid conflict with the Adopt-A-Family program.



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COMMUNITY
SERVICES
PERMIT NO. 76



AFL-CIO Community Services and United Way Partnership

SPRING 2024

UPCOMING events

V = volunteers needed

July 25 & 26; 29 & 30 Fab-U-Less Finds Christmas in July Sale

The ho-ho-hottest sale of the year! Get Santa-sized discounts throughout the thrift store, and for every \$25 you spend, you'll earn \$5 in Fab Funds for your next visit. It's four days of Fab! Open Thursday & Friday, Monday & Tuesday, 9 am - 5 pm.

August 12 & 13 Soles For Christ shoe distribution V

Shoes will be given out on a first-come, first-served basis, to children PreK through 12th grade. Monday and Tuesday, 9 am - 7 pm, at the Scottish Rite, 515 N. 6th.

October 5 Fab-U-Less Finds Fall into Saving Sale

Prices are falling throughout the thrift store for one day, and for every \$25 you spend, you'll earn \$5 in Fab Funds for your next visit. Open Saturday 10 am - 2 pm.

October 28 Adopt-A-Family Program Begins V

Applications will be available at the agency, 1203 N. 6th Street or for download on helpmenow.org.

HelpMe Headlines

AFL-CIO COMMUNITY SERVICES

1203 N. 6th St., St. Joseph, MO 64501

www.helpmenow.org



SPRING 2024

Our good work starts with you

In so many situations, it's not always what you can do, but what can be accomplished when the right people work together toward a common goal. Our flagship program, the Help Me Hotline, utilizes all the social and human resources in our area to provide clients with access to the assistance they are seeking. Without our area partners, we would not be able to do our work - helping the residents of our community.

Most of our programming relies on others to be successful. Adopt-A-Family would be nothing without adopters; the Soles for Christ school shoe program would not function without volunteers and donors; Diaper Depot would not have been able to expand without our diaper bank partner or community sponsorships. Every single program we have depends on the cooperation or generosity of others.

For this reason, I fully believe there is still far more good in this world than bad; there are more people who want to help than hinder; more who care than do not. Regardless of the news stories or social media posts that attempt to convince us otherwise, I know the world - or at least our part of it - is still more good than anything else, because we get to see what people are willing to do for each other every single day.

Thank you to each of you, for your generosity and kindness. You are the good - we are just the lucky ones who get to share it.



Nichi's Notes
Nichi Seckinger,
Executive Director
AFL-CIO Community Services



Getting kids off on the right foot

Soles for Christ sets 2024 distribution dates

AFL-CIO Community Services is prepping once again for the Soles for Christ shoe distribution, which offers shoes to children from PreK (4+ years) to 12th grade, living in Andrew, Buchanan, DeKalb and Clinton counties in Missouri, as well as Doniphan County, Kansas.

Donation suggestions

- NEW tennis shoes, as schools do not allow flip-flop, dress or slip-on styles to be used in gym
- Sizes needed include toddler (5 - 10), youth (11 - 6) and all adult sizes
- Monetary donations are used to purchase shoes when a size has run out and for special needs

The two-day event will be **Monday, Aug. 12** and **Tuesday, Aug. 13**, from 9 am — 7 pm both days. It will be held, again this year, at the St. Joseph Scottish Rite building, 515 N. 6th St.

Shoes will be distributed on a first-come,

first-serve basis. Children must be present to receive shoes. A full list of program requirements can be found on the agency website at helpmenow.org and on the Soles for Christ program's Facebook page.

Donors can contribute to this program by giving new tennis shoes, monetary donations or by volunteering during the distribution days. NEW tennis shoes can be donated at the agency, 1203 N. 6th St., until Friday, July 28th. Hours for drop off are 8 am - 5 pm, Monday through Friday, through Aug. 2. Monetary donations are also welcome, and all donations are tax deductible.

Volunteers for the program would help size and fit children with their shoes, keep stock organized or help with family registration.

If interested in volunteering or to make a donation by phone, please contact our office at 816.364.1131. Donations may also be made online at helpmenow.org or by mail.

Our 2023 Impact

The agency's annual outcomes, and a look at 2024 goals.

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You can help!

We help others through your generosity of time, funds and other donations.

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Upcoming events

Mark your calendars now for important 2024 dates.

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- ❖ Callers are provided resources for basic needs including food, shelter, healthcare, mental health, employment, education and seasonal assistance (tax preparation, school supplies, heating/cooling centers).
- ❖ Callers reach a trained, caring Call Specialist who assesses the needs of each person and searches a database with more than 8,000 services to connect callers with the help they need.

27,959
unduplicated contacts

- ❖ In 2023, the agency had 27,959 contacts, made 9,335 referrals, and advocated on behalf of 2,703 clients.

- ❖ Anyone can now search the agency's database through Help Me Online by visiting www.helpmenow.org.

It's free.
It's confidential.
It's available 24 hours
a day, 365 days a year.

\$4,942
in funding provided
assistance for **142**
individuals

- ❖ The four most common funding needs of 2023 were: gasoline/automotive/transportation, electric bills, medical and rent / housing.
- ❖ There are no boundaries, no eligibility guidelines and no fees for this service.
- ❖ The agency uses emergency funds for the people that "fall through the cracks" like car payments, insurance, and repairs, phone bills, medical needs and other necessities required to exist. The agency tries to fill those gaps.



- ❖ Of the 894 families that applied during the 2023 program, 342 households had \$0 income.

- ❖ The majority, 81 percent (726 families), are at 100 percent or below poverty guidelines; 15 percent (135 families) are up to 35 percent above poverty guidelines; and 3 percent (33 families) are 36 percent or more above poverty guidelines.

- ❖ In 2023, 745 different adopters provided assistance to the families. This included, 214 individuals, families, businesses, and organizations. There were 531 undesignated monetary donations made to the program to help cover the cost of food baskets, gift cards and vouchers for families.



2,780
individuals adopted

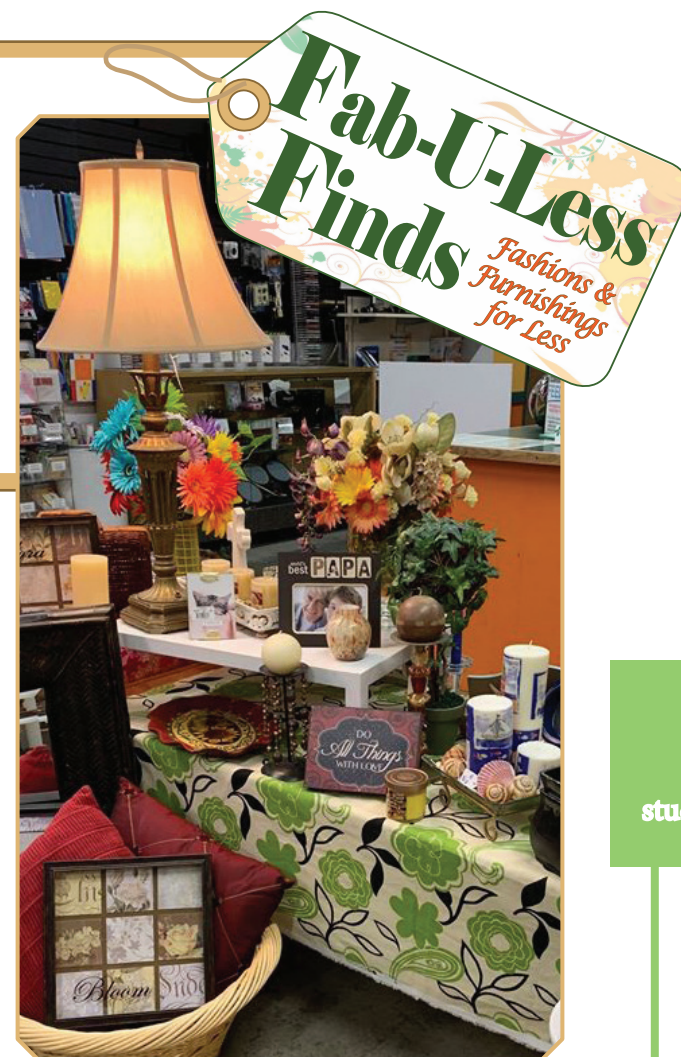
94,200 individuals
have been served by
Adopt-A-Family
since 1983.

1,022
adults
1,505
children
253
seniors



\$37,918
in funding provided
assistance for **2,310**
individuals

- ❖ The Fab-U-Less Finds voucher program allows each household to receive six free items per person within the household, four times a year.
- ❖ The store is open to the public and relies on donations for its inventory; the store offers pick ups for those donors who cannot deliver.
- ❖ The voucher program served 2,310 people in 2023, providing 18,788 free items, including clothes, household, furniture and medical supplies.



- ❖ Program provides children supplemental diapers and wipes, ointment or powder every month.

- ❖ Last year, the Diaper Depot had 258 completed pickups of diapers and related hygiene items.

- ❖ A few years ago, the agency added adult incontinence supplies to the inventory. Many older adults on a fixed income struggle with this issue. The agency provided 147 units of adult incontinence supplies, at a total value of \$549.

6,100
diapers provided



In 2023,
231 volunteers donated
1988 hours
toward agency
programs



\$47,712
value

\$4,325
in funding provided
assistance for **275**
individuals

- ❖ Program provides space heaters to those in need during the cold weather months.
- ❖ To combat summer heat, fans are donated by Everygy.
- ❖ In 2023, 39 heaters and 84 fans were given to 123 households, which included 275 individuals.

- ❖ In 2023, 40 individuals applied for glasses, with 16 receiving a pair.

- ❖ Throughout the program's history, nearly 2,750 people have applied for a pair of glasses critical for work, injury avoidance and optic health.

- ❖ This program is a group effort: Family Guidance provides funding for eye exams; local optometrists provide the exams and fit clients for glasses; the three local Lions Clubs fund it as a group; and Community Services administers the program.



\$920
value of glasses

1,062
students given shoes

\$26,550
value

- ❖ Children in PreK (age 4+) through 12th grade, living in Buchanan, Andrew, DeKalb and Clinton counties in Missouri and Doniphan County in Kansas, are eligible to receive a free pair of new tennis shoes and socks.

- ❖ Every qualified child who comes to the distribution receives shoes. Shoes are purchased if the correct size is not readily available.

- ❖ The first year, 210 pairs of school shoes were distributed.

- ❖ In 2023, the program utilized 134 volunteers performing 717 hours of service.



1 GOAL: Serve at least 150 children with at least 50 percent of monthly diaper and hygiene supplies.

VALUE: Approximately \$25 per child per month

FUNDS NEEDED: \$4,000

GOAL: Provide Christmas gifts to 800 families through the Adopt-A-Family Christmas program.

VALUE: Approximately \$75 per person, based on a yearly average of 2,750 individuals.

FUNDS NEEDED: \$206,250

3 GOAL: Increase participation in Emergency Assistance program donations to more than 20 churches and other donors.

VALUE: Approximately \$5,000 in annual assistance given. Need exceeds \$15,000 annually.

FUNDS NEEDED: \$10,000

GOAL: Acquire box truck or pick up to replace 22-year-old truck used for donation pickup and deliveries to support Fab-U-Less Finds Thrift Store and Voucher program.

VALUE: Approximately \$125,000 in donated items.

FUNDS NEEDED: \$45,000 - \$75,000