

## Online access



AFL-CIO Community Services can be found online at [www.helpmenow.org](http://www.helpmenow.org). In addition, many of our agency programs have their own Facebook pages. Information on our programs are updated regularly through our website and Facebook pages.

Please "like" us to keep up on the latest news and to show your support for our programs. If you prefer to get our newsletter online, please email us at [afl-mail@helpmenow.org](mailto:afl-mail@helpmenow.org) and include on-

line newsletter in the subject header. We will add your information to our online distribution list.

**AFL-CIO Community Services** — Our website includes descriptions of our programs, service information, agency history and directions to our office. Facebook provides up to the minute updates on our programs, events and any special occasions in the office.

**Adopt-A-Family** — During the holiday

season, our Facebook page provides adopters and community supporters a chance to track our daily adoption numbers and provides information for adopters, donation locations and program office hours.

**AFL-CIO Community Clothes Closet** — The Clothes Closet Facebook page is used to announce special sales, offer glimpses of current bargains and highlights contest winners. If you are looking for a bargain, this is a great place to visit.

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

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## UPCOMING EVENTS

**June 30 – July 31: Toy Drive & Raffle** – For every toy of a \$10 value or more or equivalent cash donation, donors are given a ticket. At the end of the month, a \$500 winner will be drawn. Toys will be accepted the entire month at all events and daily at the office, 1203 N 6th St.

**July 12: Trivia Night** – Come test your knowledge at our holiday trivia contest. 7 p.m., Callison Hall, 1222 S 10th St. Each player is \$15, with a 10 person per team maximum.

**July 19: Mustangs night** – Come out and cheer the Mustangs on (hopefully to their next championship title) at their last home game of the season. Game time is 7 p.m. For \$6 tickets, or to donate tickets to the Noyes Home or your favorite organization, please call 364.1131.

**July 26: Scavenger Hunt** – You may think you know your way around St. Joseph, but this scavenger hunt list may even stump you! Bring a digital camera and four of your friends and join in the fun! Registration starts at 5 p.m., and the hunt begins at 6 p.m. at Callison Hall. \$15 per person, five person team limit.

**July 31: Christmas in July Sale** – We've held back the good stuff for one night of can't-be-beat bargains in the Community Clothes Closet. For every \$25 you spend, you'll get \$5 in Closet Cash for your next visit. To RSVP, please call 364.1131 and you'll get a special discount. 4:30 to 7 p.m., 1203 N. 6th St.



August 11 & 12, 2014

Donations of new tennis shoes would be greatly appreciated. To donate or volunteer, please call 816.364.1131 or come to 1203 N. 6th St.

LABOR  
DAY SALE

September 5, 2014

It's our GIANT end of the season sale so don't miss out on these great deals. Everything from decor to shoes, and furniture to jewelry. Clothes for every season! Bag sale on summer clothes plus more great deals!  
Noon to 7 p.m., 1203 N. 6th St.



AFL-CIO Community Services

Spring 2014

# SHOW YOUR SUPPORT

### GIVE MONEY

The success of all AFL-CIO Community Service programs is due to the generosity of community members and businesses that provide financial support to our programs. By making an unrestricted monetary donation, you are allowing us to respond to the program with the most current needs. Because many of our programs are seasonal, by making a monetary donation you are ensuring the success of the programs rather than restricting the funds to a limited period of use. To make a donation, visit our website at [helpmenow.org](http://helpmenow.org), complete and return the included donation envelope or call 816.364.1131.

### GIVE YOUR TIME

Volunteers are the backbone of many of our programs. In 2013, volunteers distributed shoes to school-age children, helped sort and distribute clothing and household essentials in the Community Clothes Closet, distributed and repaired formalwear for young ladies in our community, and adopted, shopped for and distributed Christmas gifts to hundreds of families living in the St. Joseph area. The options for volunteers are endless and we can always find a match for your talents. To give time, please visit our website at [helpmenow.org](http://helpmenow.org) or call 816-364-1131.

### GIVE GIFTS

The opportunities and the options for giving are numerous for donors interested in giving items, and every item received goes to good use. New and gently used clothing and household items are always welcome in the Community Clothes Closet, so we are always happy to pick up yard sale leftovers, or take items you can no longer use when you do your Spring cleaning. Formalwear and accessories are always needed in Cinderella's Closet; used eyeglasses can be donated to the Lion's Club eyeglasses program; new shoes can be given to the Soles for Christ Shoe program; and diapers are always appreciated for distribution through the Diaper Depot program. Donate by calling 816.364.1131.



AFL-CIO Community Services and United Way Partnership

# Help Me Headlines



AFL-CIO Community Services

Spring 2014

1203 N. 6th St. St. Joseph, MO 64501 816-364-1131 [www.helpmenow.org](http://www.helpmenow.org)

Dear Friends,

Twenty thousand dollars sounds like a million when you need it. It's a daunting goal when you have to ask others to provide it strictly out of the kindness of their hearts. Some have to save years for \$20,000 to help cover their child's college tuition or it may be all someone has saved for their retirement years. Yet some are willing to spend \$20,000 (or more) on a car or in-ground swimming pool. Really, it's all about perspective. For our agency, \$20,000 is the way to continue providing valuable services to our community. Gaining this financial support through community donations is especially important this year for several reasons:

**We invest in our programs** - Five of the seven programs we administer do not create any fiscal support for the agency. The Help Me Hotline, Cinderella's Closet, Lions Club Eyeglasses, Diaper Depot and Soles for Christ provide no income to help cover expenses. Every dollar donated goes directly back into these programs. Yet, because they are a tremendous value to the community and a service no other agency provides, we are glad to have them under our roof and providing so much for the community.

**We are a tight organization** - We have 11 employees, with only four who are full time. We own our building outright. We fill our own potholes and cut our own grass. We are willing to bundle up in the winter and sweat it out in the summer if it means keeping our overhead down. We have trimmed all the fat from our budget, but it's still not enough. To keep growing and providing to the community, we have to supplement our budget by \$20,000.

**We stand alone** - While we are generously funded by the United Way through its annual campaign, it is the only financial affiliation we have. Unlike several non-profits in our area, we do not have the backing of a national fundraising or advertising campaign. Our affiliation with the national AFL-CIO, which began with the United Way before we became an independent agency, provides training support, but nothing monetary. This makes us very dependent on donations from individual supporters.

**We have no other choice** - Blatantly asking for help is really not our style. We hold fundraisers and publicize program events and distribution dates, and those who support the programs provide what they can. Because most of it goes back into programs, we have slowly been falling short on other expenses and it's caught up with us. We are preparing for the second year of our annual fundraiser, Christmas in July, and while we have high hopes, we know that \$20,000 may be a lofty goal. Last year, we raised \$7,500. The difference is daunting.

I tell you all this because transparency is the key to gaining support. Our agency is in urgent need of financial support to maintain these important community programs. I can personally promise you that any donation you make to AFL-CIO Community Services will stay in our community and go to help your neighbors and improve our community as a whole. Please help us reach our \$20,000 goal, either through monetary donations or by attending one of the many Christmas in July events featured on page 2.

With Appreciation,

Penny B. Adams  
Executive Director

## In Support & Service

Please join us in helping to support the worthwhile programs of AFL-CIO Community Services. We have seen first hand the amount of work the agency does to help this community.

We have both volunteered, and donated both funds and items to many of the programs, including Adopt-A-Family, Christmas in July, Soles for Christ, and Cinderella's Closet.

Cynde is a great bargain shopper and spends her free time hunting for deals that add many items to the holiday shopping room. We have also adopted a family and found the experience to be very heartwarming.

Since Mike doesn't like to shop much, he volunteers an entire week just before Christmas and has done it for many years. It has become the best part of the holidays to him and he plans to do it until he can't anymore. Which will hopefully, be years and years from now.

We are selective about the things we support, but when we find a worthwhile cause we support it wholeheartedly. Community Services is more than worthy of our support. Visit once and you will agree.

Mike & Cynde Veale  
Volunteers

# Agency preps for Christmas in July

In 2013, AFL-CIO Community Services hosted its first month-long Christmas in July FUNdraiser, to raise money for the many programs supported by AFL-CIO Community Services. More than 150 people helped raise more than \$7,500 by attending and participating in events throughout the month of July.

The highlight of this FUNdraiser is the FUN part. We offer a variety of events to appeal to all ages to give our donors something back for the dollars they donate. Last year, the events included Zumba, Trivia Night, a Christmas in July sale, Raffle & Toy Drive, and Mustangs' Christmas Extravaganza. Most of the events are returning to our calendar this year, with the exception of Zumba. Instead, this year we will add a Scavenger Hunt and Silent Auction.

During the Raffle & Toy Drive, for every \$10 toy or cash donation, you get a ticket for one of three prizes: \$50 or \$100 K-Mart gift card or \$500 CASH. All other events have giveaways and prizes for the first place teams. The Trivia and Scavenger Hunts are great team-building, family and friend-time events and the Mustangs game is a great chance to support our agency and St. Joseph's very own home team! For a full list of events and dates, please see the calendar of events in this newsletter.

Please attend one of the many Christmas in July events. The funds raised during these events all filter directly back into the programs. None of the donations leave the St. Joseph area and the funds will be used to help your neighbors who are in need. We promise you will have FUN!



# 2013 Annual Outcomes

## Community Clothes Closet

The Community Clothes Closet, located in our building at 1203 N. 6th St., offers reasonably priced, new and gently-used clothing and household goods to the public. The program also provides a convenient, tax-deductible means of recycling gently-used or new clothing and household goods.

In 2013, the program served **4,344** individuals, by providing **17,116** free clothing items and **933** household items, valued at **\$53,622**.

Vouchers for free items are given to clients who show need or have referrals from partner agencies. Clients can also volunteer and earn \$6 an hour in credit to be spent towards clothing or household goods.

One of the lowest priced thrift stores in the area, the Clothes Closet offers special discounts, including Senior Citizen Wednesdays, 1/2 price and bag sales. Merchandise is added daily, so there is always something new to find.

### Community Clothes Closet Hours

Mon - Fri, 9 a.m. to 5 p.m.

Donations can be made any time the Clothes Closet is open. Pick ups are also available and can be scheduled by calling the office at 364-1131.

All donations are tax deductible and a receipt can be given at the time of drop-off.

## Diaper Depot

The Diaper Depot is a pilot program developed by a Leadership St Joseph Project Team in August 2012, in affiliation with our agency. The goal of the program is to collect diapers through drives and donations to distribute to low income families. Members of the team manage the program and it is still in the developmental stages.

Since its inception, the program has distributed **6,400** diapers to local families, serving an average of **20** children per month.



## Emergency Assistance

Emergency Assistance provides financial aid for individuals who are having a financial emergency and have no other monetary resources available. This fund is used only when no funds are available through outside resources.

In 2013, the program assisted **169** households (**263** adults, **20** seniors and **191** children); **\$12,059** provided for a variety of needs, including birth certificates, identification cards, an automobile, bus passes, utility bills, gasoline, prescriptions, rent, and transportation services.

## Soles for Christ



Soles for Christ came to our agency in 2003. The program provides a new pair of shoes to school-age children at the beginning of the school year. The program has two goals: boost the child's self-esteem and enthusiasm for school and to aid many parents who struggle to afford new shoes and other costs associated with the beginning

of the school year. For some families, the shoes provided by this program are the only new shoes their child(ren) ever receive.

In 2013, **1,231** children from **529** households received a new pair of shoes.

## Cinderella's Closet

A collaboration with St. Joseph Junior League, Cinderella's Closet gives young ladies the opportunity to dress the part for special events such as high school prom, college formals and military balls. Donated dresses, shoes, jewelry, and other accessories are available and free to the girls twice a year, both in the spring and fall, coinciding with high school and college events. For many of the parents who find themselves responsible for this cost it provides much needed financial relief.

In 2013, Cinderella's Closet provided more than **179** young women a dress for their special day, at a value of **\$8,950**.

## Lions Club Eyeglasses



Community Services has worked with the Lions Clubs since 2005 to distribute glasses to adults without insurance or medical assistance. Because of the program, over 1,300 people have been supplied a pair of free glasses within the past eight years — glasses critical for work, injury avoidance and optic health. Without this program, many people in the community would go without eyeglasses. In 2008, Family Guidance became an additional partner to the program by funding eye exams. In 2013, **248** applicants qualified for assistance.

## Adopt-A-Family Christmas

After 30 years, the Adopt-A-Family Christmas program has helped more than 65,000 people celebrate during the Christmas season.

In 2013, the program served **880** families (**2,890** individuals). These families were from Andrew, Atchison, Buchanan, Caldwell, Clinton, Daviess and DeKalb counties in Missouri and Doniphan County in Kansas.

Families consisted of **1,168** adults, **121** seniors, and **1,564** children.

The program provides assistance in several ways: community adoption, food baskets, gift room visits and gift certificates.



## Help Me Hotline

The Help Me Hotline is a 24-hour I&R service directing persons needing information/assistance to appropriate health and human services. Callers talk to trained call specialists who assess their needs in a non-judgemental and confidential manner.

Our organization creates and maintains a database of programs and services then disseminate that information through a variety of ways to individuals and the community. We continually monitor service availability.

In 2013, I&R specialists answered **16,407** telephone calls, saw **8,318** walk-ins and received **3,601** calls from agencies on their client's behalf. In total, the program served **29,698** individuals.

Additionally, Help Me Hotline staff issued **12,211** referrals directing clients to the appropriate programs to serve their needs.



# 2013 Community Supporters

### Individuals

Kim Applegate  
Bethanie Bassett  
Dawn Benner  
Olga & Wayne Bisig  
Lanette Bocquin  
Alisha Buchanan  
Vince Cadena  
Ashley Campbell  
Jon & Andrea Carr  
JD Carrell  
Phyllis Carpenter  
Carole Caw  
Marcia Chapman  
Teresa Chase  
Joni Christgen  
Angie Church  
Dave & Shelly Clark  
Nancy Clisbee  
John & Joy Colestock  
Kaitlyn Collins  
Vicki Conor  
Pete Cox  
Savannah & Skip Crisp  
Lori Davis  
Cheryl Deeken  
Rosa Diaz  
Carol Duke  
Christina Dunn  
Lauren Edwards  
Amanda Espirito  
Kendal Evans  
Breona Ewing  
Lisa Foster  
Charles Franks  
Staci Frieden  
Michael Gallegos  
Tina Gasper  
Ann Garrison

Elnora Gorman  
Terisia Grable  
Cheryl Graham  
Cathy Green  
Tamara Grubb  
Emily & Nathan Gurgens  
Myrlo Hall  
Norma & Rick Harris  
Sarah Hatton  
Jeff Hayes  
Kaleigh Hayes  
Donna Hickok  
Ben Hilby  
Roy Hinton  
Marcia Holcomb  
Rhonda Honce  
Debbie Hueser  
Darick Inscho  
Connie Jackson  
Marcia Johnson  
Nichole Jones  
Pat Jones  
Walter Judd  
Dean & Denise Kerns  
Harold & Luella Kielhofner  
Helen King  
Bob & Sharon Koranda  
David Latta  
Liz Lehman  
Mindy Marsh  
Diana Massing  
Brian Maxwell  
John Swiastyn  
Laney Taylor  
Stephanie Thomas

*Volunteers do not necessarily have the time; they just have the heart.*  
— Elizabeth Andrew

Jill Miller  
Linda Minear  
Serena Mitchell  
Carol Moya  
Gwen Muscavage  
Connie & Ken Newton  
Marie Nigh  
Deosdada Ojeda  
Zaynikka Owens  
Sharon Page  
Marcia Porter  
Ashley Pravitz  
Anita Radmer  
Ed Roberts  
Joyce Roberts  
Carmen Romo  
Tom Russell  
Andrea Sachse  
Ryan Salisbury  
Alisha Sawyer  
Pam Schorn  
Romelo Seaberry  
Candy Sheehan  
Lynda Sherman  
Deborah Smith  
Gail Smith  
Kaitlin Smith  
Cindy & Marty Soper  
Kitty Spalford  
Valerie Steele  
Lisa Stull  
John Swiastyn  
Laney Taylor  
Stephanie Thomas

Mark Troutman  
Joseph Turner  
Gail Tyler  
Charisse Vaughn  
Mike & Cyndie Veale  
Jean Warren  
Chip Weekly  
Brennen, Craig & Garrett Westbrook  
Terry Weyer  
Linda White  
Brenda Williams  
Lisa Wisniewski  
Thelma Wyrick

### Groups & Organizations

American Family Insurance  
AT&T/CWA Group  
Boehringer Ingelheim  
Vetmedica Inc  
Eagle Radio  
Hillshire Brands  
KNPN Fox 4 KQ-2  
St. Joseph News-Press  
St. Joseph Woodworkers Guild

If you are a volunteer and we excluded you from this list, please let us know so we can update our files.

# Many Thanks

The success of our many programs relies heavily on the generosity of our supporters. Without monetary and material donations, our programs would not be able to flourish. When a donation is received, every effort is made to send each donor a thank you letter. Unfortunately, there are occasions when a letter is lost in the mail or an address is incorrect. Recently, we have also had donors request to not be included in any type of public recognition.

To eliminate issues, we are still sending private, individual thank yous when a donation is received, but we have decided to no longer publish the names of our donors in consideration of their privacy. If you did not receive a thank you letter from a donation made in the past year, please contact our offices. We may have your address recorded incorrectly or you may have moved and your letter was returned to our offices with no forwarding address.

Once again, thank you for supporting AFL-CIO Community Services. Without your support, we would not succeed.

## And the winners were...

**Mike Waltemath**  
**\$50**  
K-Mart Gift Card

**RICHARD MILLER**  
**\$500**  
CASH!

**Pat Jones**  
**\$100**  
K-Mart Gift Card