

\$1 per week (\$52 annually)

- Emergency food for a family of 4 for one week
- Nutrition classes for 15 women at risk of diabetes, hypertension, & high cholesterol
- Dental education & supplies for 52 children
- Health screening services for 5 elderly adults
- One week of legal representation for a victim of domestic violence
- Hospital accompaniment and support for a victim of rape

\$5 per week provides transportation for 9 individuals to Certified Nurses Assistant classes making it possible for them to obtain employment, support their families, and become financially self-sufficient.



Every dollar makes a difference



A gift of **\$10 per week** provides 20 hours of on-site health screening for residents of low income housing units to identify potential health risks such as high blood pressure and diabetes, reducing the prevalence of chronic illness.

- An annual health exam and cancer screening for 5 uninsured or low income women
- ESL books and materials for 40 individuals
- Leadership training to support 20 high school students
- Speech therapy for three stroke victims
- Vision screening and prescription glasses for 5 uninsured working poor clients
- Health screenings for diabetes, depression, domestic violence and other high-risk conditions for 15 uninsured pregnant women

\$10 per week (\$520 annually)

\$5 per week (\$260 annually)

- A healthy breakfast for 208 seniors
- One week of therapy for an adolescent with mental health issues
- A monthlong safe haven for a victim of domestic violence and her children
- A tank of fuel oil for a warm winter for a senior on a fixed income
- Financial self-sufficiency instruction for 20 teenagers
- Breakfast, lunch and snack costs for 1 child for an entire school year

\$20 per week (\$1,040 annually)

- Financial education for 36 homeless individuals
- Fluoride varnish for 500 children for one year
- One week of food distribution for 60 families
- Back-to-school supplies, such as clothing, shoes, back packs, for 10 children
- Three weeks of life skills training for a person with developmental disabilities
- One month's shelter, food, counseling and services for 2 homeless single parents and children



A gift of just **\$1 per week** provides enrichment materials for 30 youth participating in an after school tutoring program helping children achieve and maintain grade level performance.

