



HELPING OUR FAMILIES NEWSLETTER  
Issue 2, December 2020

# MAGAZINE

## In This Issue

### Client Testimonials

See **page 3** to read a few short testimonials about how we are making lasting impacts.

### 2020 Accomplishments: July-December

We worked hard in 2020 to meet the needs of single mothers and their children. See **page 6** for more details.

### 2021 Goals: January-June

We are ready to hit the ground running in 2021. Learn more on **page 10**.

### Board Member Spotlight

Get to know board member Sametra Price better in a spotlight on **page 13**.

## A MESSAGE FROM OUR BOARD CHAIR

**W**ith so many stressful events happening in the world today, it is understandable that so many of us are finding each day more difficult than the last. However, these challenges have not deterred Helping Our Families from moving forward. Helping Our Families appreciates the continued efforts of our champions in helping single mothers break free from the cycle of poverty to better their lives.

Even though we are all dealing with a pandemic, social unrest, and a tumultuous economy; these issues are impacting those with already limited resources greater than others. While many like to say that we are all in the same boat, I encourage you to see that this is in fact, not true. Because of the disparities in resources, we are all in the same storm but different boats.

Since we are all in this storm together, Helping Our Families is not simply lamenting these challenging times. We are sticking to our mission of helping single mothers and their children move beyond surviving to thriving. Since our last newsletter in July, we have partnered with businesses and private donors to make holidays special for the families we serve, we have purchased emergency groceries for many mothers, and more. Visit **pages 6, 7 and 8** to learn about all of the amazing steps we have taken to meet the needs of those who need it most this year.

Thank you for your generosity. Although the 2020 has been a year unlike any other, we thank you for partnering with Helping Our Families to make it a better year for single mothers and their children than it would have been without your support. With your continued support we look forward to helping more families in 2021.

*Dr. H. Jean Wright II*

## Connect With Us!



@HelpingOurFamilies  
[helpingourfamilies.org](https://helpingourfamilies.org)





provide

prepare

propel

## HELPING OUR FAMILIES: The Big Picture

*Moving single-mother families from surviving to thriving*

### WHO we are...

Helping Our Families serves single mothers (18-26 years of age) and their children (birth-5 years old) in the Greater Dayton area by providing educational tools, emotional support, spiritual guidance, and resources to support a healthy lifestyle and remove barriers that prevent families from succeeding.

### WHY we do it...

Single-parent households headed by a female is the fastest-growing demographic in the U.S. One-third of Ohio's single-mother households are in poverty. Every day, single mothers and their children are going without basic needs because they don't have the financial resources, social support, or hope they need to thrive.

Living without basic needs leads to lack of health and safety, diminished education and life skills, and disproportionate income and stability. Infant mortality, hunger, child abuse, school readiness, drug addiction, and teen pregnancy are just a few indicators of poverty. It has been proven that when a woman is educated, her income potential increases, maternal and infant mortality rates are reduced, and the birth rate decreases. Also, an educated woman is more likely to acquire skills to improve the economic stability of her family, and she is also more apt to ensure that her children receive an education, too, thus breaking intergenerational cycles of poverty.

### HOW we do it...

We **PROVIDE** families with a new, safe environment through a 2-year residence program. Residents will receive healthy meals and psychological support.

We **PREPARE** our families for a better future with

- job training
- education by partnering with local establishments
- life skills and child-development guidance by using the CREATION Health curriculum (Choice, Rest, Environment, Activity, Trust, Interpersonal, Outlook, Nutrition).

We **PROPEL** the next generation by breaking generational cycles of poverty and create a whole generation of alumni through our give-back program.

**“My extreme gratitude to you and your organization. Thank you guys so much! You guys truly made me look forward to the holidays!!” – L, Xenia**

**client  
testimony**

**client  
testimony**

**“My electronic magnifier is a lifesaver! You are a big support system for me right now. I can’t do this on my own.” Amy, Fairborn**

### **OUR BRIDGE PROGRAM: More Details**

Our Bringing Real Intervention to Develop Growth and Education program aims to equip single young mothers and their children with the skills and tools they need to achieve stability and independence.

In a residential setting, we work with mothers to address their individual challenges while also strengthening familial bonds and parenting skills and breaking the cycle of intergenerational poverty. We promote independence and healthy living through a range of services that support all dimensions of wellness, providing opportunities for continuing education and job training, as well as psychological support and spiritual guidance.

For many families, our BRIDGE program serves as their first stable and safe home. To support child and family well-being, we also promote deeper parent engagement through reading, arts, crafts, and play time, along with other activities that foster healthy child development. BRIDGE clients participate in weekly individual and group therapy sessions. Their children also receive bimonthly individual and family therapy. And together, mothers and children participate in weekly structured sessions for parent-child play.

Specific treatment includes trauma therapy and skill-building techniques. Clients focus on

- improving how they communicate their thoughts and feelings
- examining factors that contribute to their current situation and developing prevention strategies
- resolving interpersonal difficulties and dealing with issues of grief and loss.

For survivors of sexual and physical abuse, we seek to help them address the trauma they have experienced and help ensure that trauma doesn’t negatively affect their children’s lives.

**client  
testimony**

**“I want to thank you from the bottom of my heart for everything.” – T, Xenia**

**“Thank you for talking with me yesterday. You gave me a little bit of hope in humanity. God bless you lady.” – D, Xenia**

**client  
testimony**





**"It is more blessed  
to give than receive."  
Acts 20:35**





# Christmas Adopt-A-Family 2020



# 2020 ACCOMPLISHMENTS: JULY-DECEMBER

**\$5,000**

Completed a successful virtual walk/run challenge in July. We had approximately 100 participants and raised over \$5,000 to go towards supporting our local single mother's needs.

Partnered with Germain Ford of Beavercreek and 50 private donors to supply 156 Christmas gifts through our Adopt-A-Family program to approximately 66 single-mother families.

**156**

**5**

Partnered with five non-profit organizations and government entities for family referrals for our Adopt-A-Family program including: Valens Solutions, Greene County Jobs and Family Services, Greene County Board of Developmental Disabilities, Ohio Department of Health - Help Me Grow Program and Montgomery County Children Services.

Delivered groceries to 30 people for them to enjoy a Thanksgiving meal.

**30**

**38**

Purchased and delivered groceries to feed 38 people for Christmas meals.

**2**

Turned on a mother's water utility after being without it for over two weeks.



7

Purchased and delivered emergency groceries to 7 single mothers.

3

Established three new partnerships with Grandview Medical Center, West Dayton Strong and Valens Solutions to bring after school tutoring to at-risk children.

\$135

Helped coordinate a move for a single mother by working with the new property manager to establish a move in date and pay \$135 to turn on her electricity.

\$500

Paid off a single mother's \$500 payday loan so she could end the cycle of revolving debt.

\$335

Paid off a single mother's outstanding debt, \$335, to her landlord for moving into a larger apartment (from one bedroom to two bedrooms) with her three children.

1

Designed a Giving Tuesday fundraiser through RunSignUp.

4

Provided 4 months of groceries for a legally-blind, single mother and established an Instacart account that will work via phone for weekly grocery deliveries.

**“He who is generous will be blessed, for he gives some of his food to the poor.” Proverbs 22:9**

# 2020 ACCOMPLISHMENTS: CONTINUED

86

Provided 86 hygiene bags to the homeless. Bags included a toothbrush, toothpaste, deodorant, soap, shampoo, conditioner, a wash cloth, lotion and a comb.

6

Kicked off a new Skills Lab/Tutoring Program for at-risk youth. Our tutors - college professors, high school teachers, lawyers, doctors, engineers, and STEM school students - provided math and reading lessons to 6 students during the holiday break.

20

Signed up 20 students for tutoring for the winter quarter beginning in January. We are excited about the opportunity to help students thrive!

\$800

Purchased an \$800 electronic magnifier for one of our clients who is legally blind. The magnifier allows her to see the stove, washer and dryer dials, thermostat and even helps her read the mail.

30

Coordinated with Kettering Health Network's Community Outreach to present CREATION Health classes for 30 Spring Valley Academy administration and faculty.

**benefactor  
quote**

**"We just dropped off our gifts! Oh my stars it feels like Christmas! Thank you for the opportunity to join in the love." Lisa, Centerville**



**“What a beautiful family!! Enjoyed meeting them all today! We have befriended them on social media. Super sweet!” – Kim, Troy**

**benefactor  
quote**



**“Work willingly at whatever you do, as though you were working for the Lord rather than for people. Remember that the Lord will give you an inheritance as your reward, and that the Master you are serving is Christ.”**

**Colossians 3:23-24**

# 2021 GOALS



1

Continue to seek funds and locate property to purchase/lease to serve new clients. This is our number one priority.

2

As health guidelines permit, resume serving meals and toiletry items to the homeless.

3

Present the 2<sup>nd</sup> Annual Benefit Concert virtually.

4

Implement an in-person tutoring program for at risk kids in the Dayton Public School system.

5

Continue to provide ongoing mentoring for impoverished women in the community, including healthy lifestyle and life skills.

**“Then Jesus said, Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.” *Matthew 11:28***



**“Be still, and know that I am God.”**  
*Psalm 46:10*

**6**

Continue to develop and strengthen relationships with other organizations to help serve the community.

**7**

As health guidelines permit, resume CREATION Health classes in the local community.

**8**

Present the 2<sup>nd</sup> Annual Walk/Run 5K Challenge virtually.

**9**

Continue to improve and expand our social media presence.

**10**

Continue board strategic planning and implementation through virtual meetings, in-person meetings and monthly emails.

**JANUARY-JUNE**

# BOARD OF DIRECTORS

1. H. Jean Wright II, PsyD  
CHAIRMAN

2. Lorryn Daena Logan, Esq.  
SECRETARY

3. Lynell Babienco, CPA, CGMA  
TREASURER

4. Krista Mainess, MBA  
EXECUTIVE DIRECTOR/FOUNDER

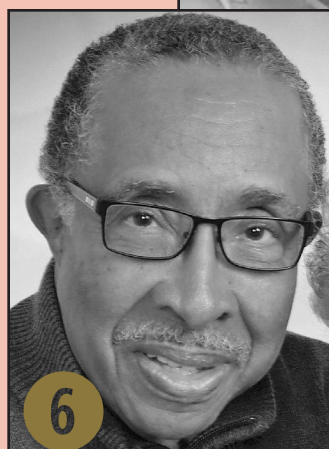
5. Harvey Hahn, MD

6. Edward L. White, MPA

7. Robert Patterson, Esq.

8. Ron Mainess, MBA, PMP

9. Sametra Price, DPT





## spotlight

### **Sametra Price** **Board Member**

Physical Therapist Sametra Price fell in love with the mission of Helping Our Families and has been involved ever since. Her favorite HOF event has been the In Stride Virtual Challenge because it promotes wellness, family togetherness, and a sense of accomplishment - all things HOF wants to instill in the single mothers they work with. When her, her husband, and their four daughters aren't serving their community, they love to go on cruises together. Sametra also loves to exercise and read historical fiction.



#### **OUR MISSION**

To improve the quality of life for families by empowering them with educational tools, emotional support, spiritual guidance and resources to support a healthy lifestyle.

#### **OUR VISION**

A world where all families can thrive and fully contribute to their community.

#### **OUR CORE VALUES**

Serve with humility  
Treat our clients with respect  
Reaching others through teamwork  
Embrace everyone through faith-based values  
Never stop trusting God  
Guide through empowerment  
Trust through confidentiality  
Honor our clients by having integrity in guiding growth in their community

# HOW YOU CAN HELP

## VOLUNTEERING

Whether it's one hour once in a while or an ongoing commitment, Helping Our Families needs volunteers to achieve our goals. Please see the following opportunities and contact Krista Mainess at (513) 855-4177 for more information. If you have ideas for other ways you can help, let us know!

- **Social Media Coordinator:** Help implement and maintain our social media content.
- **Website Administrator:** Maintain our website.
- **Mentor:** Share your knowledge and time with single mothers or youth.
- **Tutors:** Tutor in-person or virtual classes on math or reading.
- **Grant Writer:** We are seeking an experienced professional who can research grant opportunities and prepare applications.

## SPREADING THE WORD

The more people who learn about Helping Our Families, the better our chances of reaching our goals. Can you help us spread the word to friends, organizations, and businesses? Can you help us learn who we should be reaching out to?

## DONATING

**Helping Our Families has multiple ways you can contribute financially:**

- **GENERAL DONATION:** Every donation – any amount – is appreciated, and we promise to put your contribution to good use to benefit Dayton-area families. When you make a monetary donation in this category, you allow HOF to use your donation for any of its initiatives to help single-mother families in need. Please visit [helpingourfamilies.org](http://helpingourfamilies.org) and click on the “Donate” tab.
- **CAPITAL CAMPAIGN DONATION:** You may specify that your donation to go toward Helping our Families’ capital campaign to secure \$1.5 million in funding to acquire a multi-family residential home and provide operating capital for the organization. (For more information, see [page 1](#).) Please visit [helpingourfamilies.org](http://helpingourfamilies.org) and click on the “Donate” tab.

**Helping Our Families has multiple ways you can contribute tangibly:**

- New or gently used books; book shelves; or white boards
- Transportation services for students
- Grocery gift cards

Helping Our Families, Inc. is a 501(c)(3) Nonprofit Corporation established in 2018 in the state of Ohio. All contributions to HOF are tax-deductible. Donors will receive a statement showing all contributions to the non-profit for the tax year the donation was provided.

## PRAYING

Please lift Helping Our Families in prayer by including us in your daily prayer time. Every Monday at noon, we gather to pray via teleconference. Everyone is invited to join. If interested in joining our prayer line, email [info@helpingourfamilies.org](mailto:info@helpingourfamilies.org).