



HELPING OUR FAMILIES QUARTERLY NEWSLETTER
Issue 1, July 2020

MAGAZINE

In This Issue

Executive Director Message

Read about the progress Helping Our Families has made in 2020. See **page 3** for the full message.

2020 Goals: July-December

2020 is far from over and Helping Our Families is still working hard. See **page 10** for all 2020 goals.

In Stride Challenge 2020

Join us for a virtual Walk/Run/Race Benefit July 12-16, 2020. See **page 12** for more details.

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.

Connect With Us!



@HelpingOurFamilies
helpingourfamilies.org

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ABOUT US CONTINUED

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 PROVIDE,
We PREPARE,
We PROPEL

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

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.



A MESSAGE FROM OUR EXECUTIVE DIRECTOR

Whew! Let's be generous and say that 2020 has turned out to be an "adventure" for all of us! When Helping Our Families made its plans for the year, we didn't think to factor in a worldwide pandemic, stay-at-home orders, and a recession.

Not surprisingly, we've been forced to adjust some of our plans for Helping Our Families in 2020. Perhaps it was a blessing in disguise. Let me explain.

No, we aren't giving up on our mission to help single mothers break free from the cycle of poverty and make better futures for themselves and their young children. In fact, our focus is only magnified by the increased need due to the recent economic downturn. Acquiring a multi-family residential home to help single-mother families

move from surviving to thriving is still our big goal, and you can revisit that initiative on **pages 1 and 2** of this newsletter.

But the pandemic forced us to pause and look for more ways to assist Miami Valley families who need help more than ever – *right now*.

We had already been active in 2019, including serving 450 meals and collecting more than 100 bags of groceries for the homeless. With your help, however, Helping Our Families has gotten even more actively involved this year, without taking our eyes off our mission.

Since January, for example, we've partnered with other organizations to buy and/or deliver groceries to local single mothers with children. We also helped two single mothers with money to meet their immediate needs, which included daily



necessities for both moms, and rent and a flat-tire repair for one. For a full list of our accomplishments so far in 2020, see **page 8**.

We've focused on helping people in need, of course. But we've also found that we're developing important relationships with a number of like-minded organizations throughout the Miami Valley. That's helping us learn more about the needs of the community and more effective ways to accomplish our goals.

And it doesn't hurt to have more people in the Miami Valley become aware of Helping Our Families. That can only help us find ways to help others. Those are the blessings we didn't even see coming!

Thank you for your continued partnership.

Krista Mainess

**“Dear children, let us not love with
words or speech but with actions and in
truth.”**
1 John 3:18



In an email to our Board Members in January 2020, we said we were approaching the new year with a focus on trusting God in all things. The COVID-19 pandemic showed us just how important that would be!



The pandemic and ensuing stay-at-home order forced us to find ways to help others while protecting those we serve, our volunteers, and ourselves from the dangers of COVID-19.

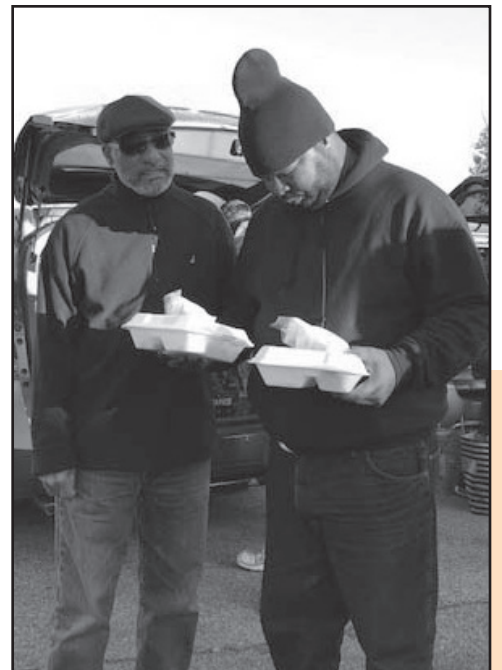
- An in-person 5K Benefit Run planned for this summer was canceled, but we are having a virtual “In Stride Challenge” on July 12-26, 2020. See **page 12** for more details.
- Our 2nd Annual Benefit Concert will now be a virtual concert. Plans are underway for the Fall 2020. Stay tuned.
- Partnerships with local organizations with similar missions are on hold due to shifting priorities to protect employees and clients.

COVID-19 IMPACT



“Love your neighbor as
yourself.”

Matthew 22:39





2020 ACCOMPLISHMENTS: JANUARY-JUNE

1

Partnered with Greene County Jobs and Family Services and Good Neighbor House to serve those who needed extra support during the pandemic. Delivered 2 weeks' worth of groceries to 8 families.

2

Completed CREATION classes for Good Neighbor House clients. Approximately 25 participants benefited from our health and wellness program before we had to cease in-person classes because of the pandemic.

3

Created and mailed 75 cards for those in need of encouragement.

4

Established a weekly prayer and fasting day. Every Monday we gather virtually at noon to pray over current and future needs as well as giving thanks for blessings.

5

Completed the HOF 2020 Strategic Plan.

6

Completed the HOF Manual (Human Resources, Volunteers, Client Intake, Finance, Job Descriptions, etc.).

7

Established a consistent social media presence on Facebook and Instagram.

8

Developed a quarterly newsletter to keep our Champions and others informed of our activities and goals.

9

Launched a phone call outreach to Champions to check on their well-being during the COVID-19 pandemic and get feedback on their involvement with HOF.

10

Set up social media fundraising opportunities.



2020 GOALS: JULY-DECEMBER

1

Continue to seek funds and locate property to purchase/lease to serve new clients. This is our number one priority. See **pages 1 and 2** for more information.

2

Continue to provide ongoing mentoring for impoverished women in the community, including resume building, continuing education, and life skills.

3

Conduct the “In Stride Challenge” Walk/Run/Race, July 12-26, 2020. See **page 12** for details.

4

Present the 2nd Annual Benefit Concert (Virtual).

5

As health guidelines permit, resume CREATION Health classes at Good Neighbor House in partnership with the Community Outreach Department of Kettering Health Network.

6

Adopt two families in the community to provide for their most critical needs.

7

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

8

Continue board strategic planning and implementation (quarterly meetings, monthly email communications, and two face-to-face meetings).

9

Continue to improve and expand our social media presence.



VIRTUAL

IN STRIDE

CHALLENGE

2020

MOVE FOR THE CAUSE

THE CHALLENGE

Register for one of the following challenges:

1. Beginners – Walk/Run 12 miles in 14 days
2. Intermediate – Walk/Run 20 miles in 14 days
3. Pro – Walk/Run 30 miles in 14 days

NOTE: Your registration for any of the 3 challenges automatically registers you for the 5K Race on Sunday, July 26. Racers are required to post their time on race day, July 26, before midnight to be eligible for a prize. Winners will be announced on Monday, July 27.

THE REWARDS

- T-shirt for all registrants
- Car magnet and air freshener for registrants (maximum 2 per household)
- Registration packet (provided via email) includes daily activities for registered children ages 5-16.
- Motivational messages and health tips will be posted daily on the “In Stride Challenge” Facebook group page.

CHALLENGE DATES

Sunday, July 12 –
Sunday, July 26, 2020

REGISTRATION DATES

June 17 – July 14

#InStrideChallenge

To register, visit
<https://helpingourfamilies.org/in-stride-challenge>

TWO WAYS TO WIN PRIZES

1. \$100, \$50, and \$25 gift cards for the top 3 finishers in the 5K Race (best time).
2. \$50 gift card for best Challenge Photo. Take photos of those participating in the “In Stride Challenge” and a final celebratory photo. The most unique/fun, family-friendly picture wins the prize!

NOTE: Challenge Photos must be posted to the “In Stride Challenge” Facebook group page or on your personal Facebook page and tagging the group page. If posting on your personal Facebook page, remember to use the hashtag **#InStrideChallenge**.

THE COST

- \$25 per registrant
- 3-person team – \$71.25*
- 4-person team – \$92.50*
- 5-person team – \$113.75*

*Click Multi-Person Pricing for discounts on registration page

All proceeds from “In Stride Challenge 2020” will go to support our mission of “moving single-mother families from surviving to thriving” and breaking the cycle of poverty.

All are eligible to participate in their own community. Registration for those under 18 must be accompanied by an adult registration.

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.
- **Seamstress:** Provide training to single mothers and sew items for sale on our website.
- **Mentor:** Share your knowledge and time with single mothers or youth.
- **Instructor:** Teach in-person and/or virtual classes on health (physical, mental, emotional).
- **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 offers three ways you can contribute financially:

- **“IN STRIDE CHALLENGE” OR BENEFIT CONCERT SPONSORSHIPS:** We'd like to partner with you. If you are interested in moving single-mother families from surviving to thriving, you could help by offsetting some of our expenses. In turn, we'd like to express our gratitude by creating every opportunity to market your business. Please contact Krista Mainess at **(513) 855-4177**.
- **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** 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** and click on the “Donate” tab.

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**.

BOARD OF DIRECTORS

1. H. Jean Wright II, PsyD
CHAIRMAN

2. Lorryn Daena Logan, Esq.
SECRETARY

3. Lynell Babiencko, CPA, CGMA
TREASURER

4. Krista Mainess, MBA
EXECUTIVE DIRECTOR/FOUNDER

5. Randy Daniel, AIF

6. Harvey Hahn, MD

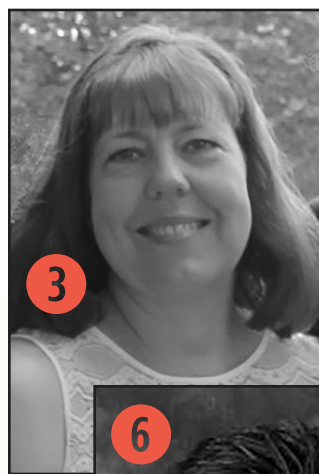
7. Edward L. White, MPA

8. Robert Patterson, Esq.

9. Ron Mainess, MBA, PMP

10. Sametra Price, DPT

11. Valerie Parker-Haley





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

- S**erve with humility
- T**reat our clients with respect
- R**eaching others through teamwork
- E**mbrace everyone through faith-based values
- N**ever stop trusting God
- G**uide through empowerment
- T**rust through confidentiality
- H**onor our clients by having integrity in guiding growth in their community