



HELPING OUR FAMILIES NEWSLETTER
Issue 3, May 2021

MAGAZINE

In This Issue

UPDATES

See **page 2** to read about the impact we have already made this year.

IN STRIDE CHALLENGE 2021

The In Stride Challenge starts June 6. See **page 4** for more details.

CAPITAL CAMPAIGN DINNER

Enjoy a fun evening of food, music and fun while supporting Helping Our Families. Learn more on **page 5**.

BOARD MEMBER SPOTLIGHT

Get to know board member Ron Mainess better in a spotlight on **page 7**.

A MESSAGE FROM A BOARD MEMBER

We are a year and a half into the COVID-19 pandemic – much longer than many of us thought it would last. But, with vaccinations being readily available, we are coming out of COVID! Numbers are going down all over the country. So, what are we going to do now?

I'll tell you what I'm going to do. Make some new friends and help some new people. I know this past year has been hard physically, emotionally, and financially. It can be easy to only focus on our own well-being, but I think we should do just the opposite! We should be helping others and in turn, we will be helping ourselves.

A 2013 study looked to see what happened on a person's molecular level when a person did "self-serving" activities versus serving others. Participants who did the self-serving action had increased inflammatory markers and decreased antibody production. The ones that served others had the exact opposite. Participants helped their own immune system by helping others! In a pandemic, I can't think of a better way to protect yourself and your family.

When you support Helping OUR Families, you are helping OUR communities! If we want a better community, we need to raise up the whole community, not just our own family. Can you imagine how our neighborhoods, cities, states, and country would look like and feel like if everyone had enough food, clothes, and education? It would be awesome. It would be a little slice of Heaven.

As we come out of Covid, please consider thinking broadly about how you can positively impact OUR community.

Harvey Hahn, MD, Board Member

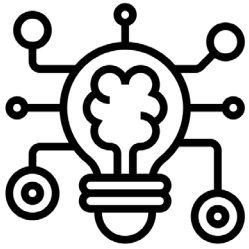
Connect With Us!



@HelpingOurFamilies

helpingourfamilies.org

UPDATES



LEARNING LAB

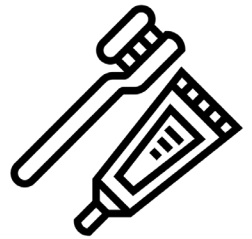
WHAT IS HAPPENING NOW

We have been working with six 4th—6th graders every Monday and Thursday providing tutoring. We are building relationships, providing hot meals, increasing math and reading skills, and giving a lot of love!

WHAT IS HAPPENING IN THE FUTURE

As the school year comes to an end, we are getting ready to host a summer camp for the students. The camp will include a STEM program and a Forensic Science program. In the Fall, we will continue with current grades and add high school students on Tuesday and Wednesday evenings.

HYGIENE BAGS



WHAT HAPPENED

A local dentist office donated 300 tubes of toothpaste, toothbrushes and floss. We delivered 100 hygiene bags to the St. Vincent DePaul homeless shelters in February. In April, we dropped off bath towels, adult coloring books and ear buds to Brigid's Path Homeless Shelter in Greene County.

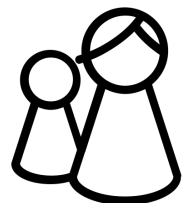


COVID VACCINES

WHAT HAPPENED

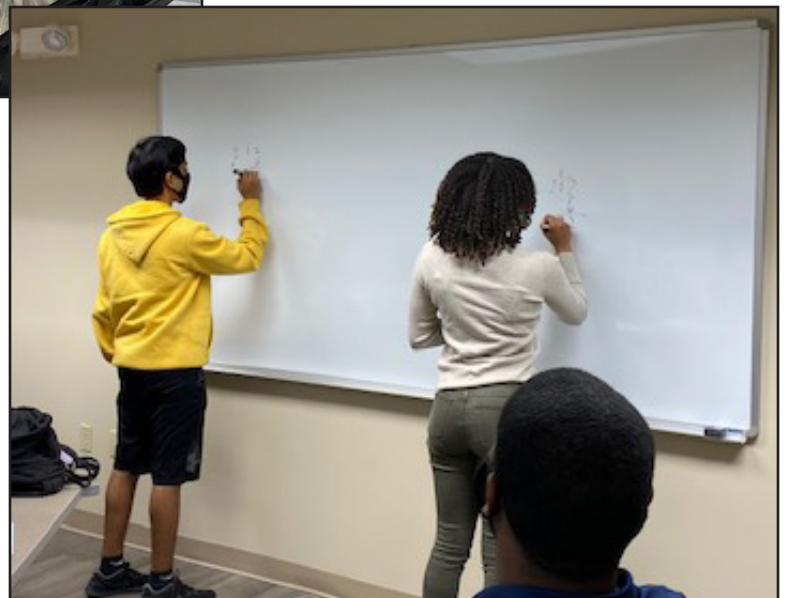
We served as Ambassadors to the Kettering Health Dayton Clinic and assisted 70 people in getting vaccinated. In addition to scheduling appointments, we made calls encouraging folks to be vaccinated and provided transportation, as needed.

ASSISTANCE



WHAT HAPPENED

Recently assisted six single mothers with basic needs. These needs included car payments, car insurance, electricity payments, rent, groceries and children's clothes.



PHOTOS

IN STRIDE CHALLENGE

2021

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, June 20. Racers are required to post their time on race day, June 20, before midnight to be eligible for a prize. Winners will be announced on Monday, June 21.

THE REWARDS

- T-shirt for all registrants
- Car magnet and air freshener for registrants (maximum two per household)
- Motivational messages and health tips will be posted daily on the “In Stride Challenge” Facebook group page.

CHALLENGE DATES

Sunday, June 6 –
Sunday, June 20

REGISTRATION DATES

Through
Tuesday, June 8

#InStrideChallenge



MOVE FOR THE CAUSE

CAPITAL CAMPAIGN DINNER

Join us for an evening of music, fun and food to support Helping Our Families. Guests will enjoy a buffet dinner, drinks, and dessert with friends and family. Hear updates about plans Helping Our Families has for the next year and celebrate all we have accomplished so far!

The Galleria Event & Conference Center

4140 Linden Ave.
Dayton, OH 45432

SUNDAY, AUGUST 8
6-8 P.M.

COST PER PERSON:

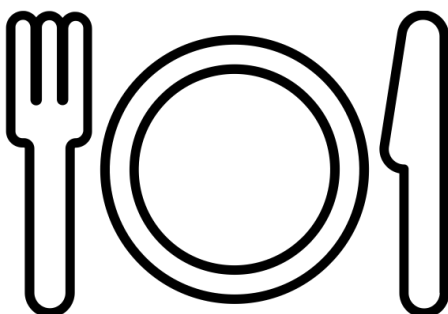
\$69

SPONSOR A TABLE:

If you are interested in sponsoring a table, please contact Krista Mainess, Executive Director, by emailing info@helpingourfamilies.org.

REGISTER:

To register for the Capital Campaign Dinner, please email info@helpingourfamilies.org.



EAT FOR THE CAUSE

BOARD OF DIRECTORS



H. Jean Wright II, PsyD
CHAIRMAN



Lorryn Daena Logan, Esq.
SECRETARY



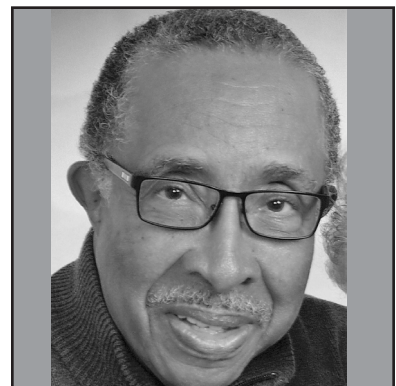
Lynell Babiencko, CPA, CGMA
TREASURER



Krista Mainess, MBA
EXECUTIVE DIRECTOR/FOUNDER



Harvey Hahn, MD



Edward L. White, MPA



Alina Joseph, MBA



Ron Mainess, MBA, PMP
CHIEF OPERATING OFFICER/CO-FOUNDER



Sametra Price, DPT

spotlight

Ron Mainess Co-Founder, Board Member

Ron Mainess is a Director at an Enterprise Project Management Office and has been involved with Helping Our Families since the very beginning. In the next ten years, he sees Helping Our Families making a difference to break generational cycles through four fully functional facilities. He hopes to continue to see God use Helping Our Families help single mothers and their families thrive. When not working, Ron enjoys traveling with his wife, their children, and their grandchildren. He hopes they can travel to Europe or Bermuda in the future.



MORE PHOTOS



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.

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.



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.
- **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 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 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.