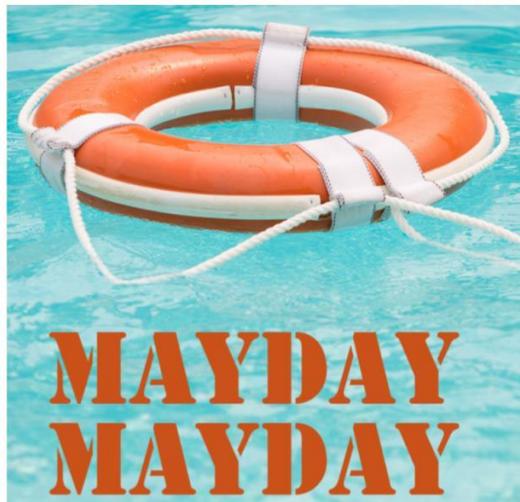




## Dear Supporter of Toco Hills Community Alliance,



When a ship or other craft is in trouble, the call for help goes out, "Mayday, Mayday!" The word *mayday* is an internationally recognized distress signal that relays that immediate help is needed. However, the word "mayday" in this context has nothing to do with the month of May: it actually comes from the French word for help.



The way things are going in the world, it seems the call for, and the need for, help is everywhere. Frankly, it is so overwhelming. What can we do about hate, about threats to health, about gas prices?

Sometimes, it seems like there is not much we can do, or sometimes, that there is so much we can do, that we don't know where to start.

One thing we can do is start in our own neighborhood. Right here, so many of our own neighbors are dealing with so much - racism and xenophobia, lack of access to healthcare, inability to be able to pay



While Toco Hills Community Alliance certainly cannot address each and every need, we are the place where all people are accepted and cared for, where we protect health and provide healthy food, and where we can share free groceries, hot meals, and clean clothes.

And here is something many people do not know or often forget: the majority of those we serve here at THCA do work, sometimes more than one job, or they have Social Security or a pension, or they are disabled veterans. We are serving people who have income; their income is simply not enough to cover the basics, especially as the costs of those basics is doing nothing but going up, up, up...



So, while we cannot cover everything, even while we pursue avenues and activities to support inclusion, public health, and living wages, we here at Toco Hills Community Alliance, are not just giving out nutritious food and like-new clothes, but building up community. In so doing, we are creating safe space, making improved health more likely, and freeing up "breathing room" in family finances.

We simply cannot do it with your support. You can be the answer to the mayday calls put out by those we serve who simply cannot stretch their dollars any further. People like:

- The senior disabled veteran couple who have a pension, but also crippling debt from a previous surgery.
- The immigrant family fleeing violence and seeking a better life who cannot make ends meet even working two jobs.
- The pregnant mom whose partner can only work part-time, yet still needs nutritious food for the baby she very much wants.

The mayday call has been issued and you can be the answer, the help, for so many who are underwater, when you support the work of Toco Hills Community Alliance. You can be part of making a positive impact in our community. You can be the neighbors helping neighbors that will make the world better for all of us.



If you want to donate or coordinate a drive, here are the most needed items.

We currently have a need for these hygiene supplies:

- Diapers Sizes 5, 6, and 7 - URGENT NEED
- Paper Towels
- Disposable Face Masks - especially K95 or KF94
- Razors
- Shaving Cream
- Lotion
- Lip Balm
- Conditioner

The foods we are most in need of are:

- Canned Fruits or Applesauce
- Healthy Cereals
- Shelf Stable Milk
- Canned Chicken/Tuna/Meat
- Granola/Breakfast Bars
- Individual size Crackers/Chips

(PLEASE NO GLASS JARS)

We very much need **clean new or used cloth shopping bags.**

We can also use supplies, such as:

- Non-Latex Gloves (Medium, Large, XLarge)
- Disinfectant Spray

Someone is available to take donations at Toco Hills Community Alliance building on Monday through Friday from 9am until noon. Drive up under the white tent and our volunteers will retrieve the items from your car.



We always need good volunteers who are fully vaccinated (including booster), are physically fit enough to stand, lift, and withstand weather conditions, and who will abide all of the safety precautions, including COVID protocols.

If interested, email [volunteer@tocohillsalliance.org](mailto:volunteer@tocohillsalliance.org)