

COMING TOGETHER TO HELP NEIGHBORS

survive over summer

Dr. Joe and Linda Fowler have a challenge for you: give a gift to help NAM serve local families this summer, and they'll match it 3 to 1 so neighbors can gain the skills they need for a lifetime of greater independence.

The matching gift challenge comes as NAM heads into its "Survival Over Summer" campaign. The long

For every \$1 you give to SOS this year,

Joe and Linda Fowler will contribute \$3 to help complete NAM's building campaign.

hot Houston summers are a difficult time as families wrestle with additional childcare expenses, high utility bills, and no free meals at school.

In a typical month, the Joanne Watford Nutrition Center at NAM serves over 1,100 people.

But during the summer those numbers can jump by more than 50%.

Continued on page 5



ajinkya's STORY

"I had nowhere to go, and I was able to get a shot at saving my life thanks to NAM.

"I came to NAM at the end of my rope with no options on the table. NAM gave me a week's worth of food so I was able to put all my remaining money in gas. In the span of one week I applied for 43 jobs, interviewed for 16, and got two.

"I needed one break, one place to seek help and I found it. Thank you, from the depth of my soul, for the good work you do. You give people their dignity and that is a priceless and beautiful thing."

easy ways to help

1. Give online or send a check to NAM
2. Pick up extra groceries to donate
3. Host a food drive

Learn more at namonline.org or call 281.885.4555.

p3 Meals on Wheels is expanding—and we need you.

p4 Be the Change

p5 Save the Date for Jeans & Jewels!

p8 Author Jack Canfield is coming May 4.

programs & services

Development/Cash Donations	281.885.4605
Assistance & Housing Services	281.583.5600
Joanne Watford Nutrition Center	281.885.4589
Children's Clinic	281.885.4630
Furniture Donations	281.885.4545
Family Violence Center	281.885.4673
Interfaith Homeless Network	281.885.4567
Learning Center	281.885.4616
Meals on Wheels	281.885.4628
Senior Services	281.885.4600
Treasures of the Heart: FM 1960 store	281.880.9000
Treasures of the Heart: Jones Road store	281.897.8952
Treasures of the Heart: Corner Resale Shop	281.885.4544
Volunteer Manager	281.885.4604

Other agencies at NAM:

Harris County Social Services	281.885.4591
Harris County Sheriff	281.885.4523

financial

STATEMENT

for the Three Months Ended 12/31/15 (unaudited)

Total Support and Revenues	\$2,437,980
Expenses	
Program services	\$2,129,639
Management and General	\$154,781
Fundraising and Development	\$236,309
Total Expenses	\$2,520,729
Increase (Decrease) in Net Assets	\$(82,749)

NAM's fiscal year runs Oct. 1, 2015 to Sept. 30, 2016.

LEAVE A legacy

Many donors are discovering that they don't need to be wealthy in order to make a profound difference in NAM's mission of Neighbors Helping Neighbors.

By making a planned gift—such as bequests, life insurance, retirement accounts and more—you can provide for NAM's future without affecting your current cash flow.

To learn more, please contact Jack Hardison, Major Gifts Officer, at 281.885.4660 or jhardison@namonline.org.



FROM THE president & ceo



I used to be something of a news hound, always tuned in to find out what was happening locally and around the world. But lately, I'm resisting that urge.

The headlines, it seems, are filled only with all that's gone wrong in the world. They shout with an urgency and intensity that insists everything is a crisis and we should fear the worst. And when you listen to it often enough, that fear begins to take root in your soul.

But fear doesn't lead to solutions.

Fear prepares us to react to danger. Our heart rate increases, blood flows to our muscles, and our brain short-circuits rational thought paths. It interrupts the processes that allow us to regulate emotions and reflect before acting, leading to impulsive decisions. If enough people live in that "fight or flight" state, you can see how situations mushroom out of control.

So these days I'm looking past the headlines. Yes, there are plenty of problems in our city and our world. But I want to invest my time and energy in finding thoughtful, rational, creative solutions.

When I turn my view away from the headlines, I see a growing army of volunteers, businesses, faith commu-

nities and donors saying, "How can we help? How can we be the change our community needs to see?"

And that's our central message this year: Be the Change. As each person does what they can do, whether large or small, one piece of our community is literally changed—and hope spreads like a ripple.

You'll see examples of these stories throughout this newsletter, but there are dozens more. And there are unique contributions you can make as well.

So join with us, won't you? Turn away from fear, and toward hope. Together we can be the change we want to see in our community. Who knows how far that hope might spread?

Carole Little
Carole Little
President & CEO

EXPANDING meals on wheels

NAM is excited to announce our new partner and satellite location for Meals on Wheels: Lifepath Church.

The new site comes as NAM was awarded a contract from the Harris County Area Agency on Aging to serve four additional zip codes in the Bear Creek area, where Meals on Wheels was not available. Prior to that, NAM was already delivering hot, nutritious meals to about 500 homebound seniors or disabled adults in 20 zip codes every weekday.

“We are so excited to have Lifepath as our partner in this expansion,” said Carole Little, President & CEO of NAM. “Their enthusiasm is contagious, and together we look forward to serving seniors in the Bear Creek area each day.”

The expansion is expected to take place over a two year period, with a goal of beginning services in Bear Creek in April, 2016.

In addition to serving 150 new clients in the Bear Creek area, the contract allows NAM to expand Meals on Wheels in our current service area to help eliminate a waiting list.

“What we need now is more volunteers—and lots of them,” said Carole. Currently NAM’s Meals on Wheels program has about 700 volunteers; with the expansion an additional 400 volunteers are needed.

To learn how you can be part of this exciting opportunity, please contact Ebony Kimble, Volunteer Coordinator, at (281) 885-4604 or ekimble@namonline.org.



Lead pastor Elliott Scott (left) and youth pastor Rich Reaves of Lifepath Church.

to volunteer

contact Ebony Kimble, Volunteer Coordinator, at 281.885.4604 or ekimble@namonline.org.

to apply for services

If you are a homebound senior who could benefit from Meals on Wheels, please call 281.885.4622.

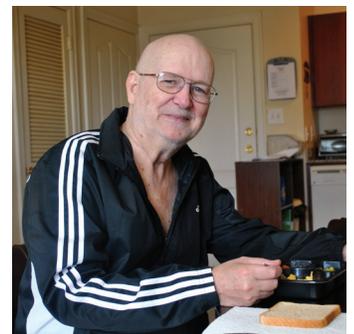
roots & wings

UPDATE



NAM is so close to the finish line on our Roots & Wings building campaign—and with your help we hope to break ground this summer!

To pledge your support, please contact Mark Warpmaeker, Interim Vice President of Fund Development, at (281) 885-4605 or mwarpmaeker@namonline.org.



bill's STORY

“Over the past year, Meals on Wheels has been of tremendous benefit to me. I am a 70-year-old man, disabled by Parkinson’s, and unable to drive. Meals on Wheels provides me with a variety of excellent quality and highly nutritional meals. Please express my sincere thanks to everyone involved.”



be the change

NEIGHBORS MAKING A DIFFERENCE

super (bowl) party

KATHY AND D. WILLIAMS

Every year for the last 18 years, Kathy and D. Williams have hosted a Super Bowl party. It includes a food drive for NAM—and this year their guests gave \$15,000 to purchase 50 pallets of food. Thank you, super fans!



grateful

A DIFFERENT WAY TO CELEBRATE

We are so thankful for the many businesses, organizations and congregations that collected food and toys for NAM's Holiday Drive this year. One company, P.V. Fluids, even brought their staff to tour and support NAM in lieu of a holiday party, because they were grateful to still have jobs. Thank you all!



giving back

NATIONAL CHARITY LEAGUE



Moms and daughters in National Charity League - Cypress Belles chapter brought Thanksgiving cheer to the 60+ Cafe.



20TH INTERFAITH quilting bee

Over the last 20 years, the Interfaith Quilting Bee has brought together quilters of all ages and faiths to create quilts that are given to families served by NAM's Homeless Services. To date they have made more than 4,479 quilts, with the motto that "One who sleeps under a quilt is comforted by love."

in memory: SHARRON MCGUIRE

Sharron McGuire was a case manager in the Housing Services department at NAM. She worked with people who were disabled and homeless, always helping them feel like they could accomplish anything. Her clients miss her kind, generous spirit, while her co-workers miss her practical jokes. Thank you, Sharron, for touching so many lives through yours.

NAM highlights

□ **Karen Weakly**, director of the Interfaith Homeless



Network at NAM, completed training

which allows NAM to become a Coordinated Access point for Continuum of Care, a federal program whose goal is to create integrated, community-wide strategies to prevent and end homelessness.



□ NAM received a 2015 **Keeping Our Communities Healthy Champion Award** from the statewide organization, Hunger Free Texans.

NAM was recognized for reducing hunger, providing quality health care, and impacting community wellness. In addition, **Debbie Peterson**, director of the Assistance programs at NAM, was named to the HFT steering committee.



SAVE THE DATE: OCT 22, 2016

jeans & jewels



Darlis and Tom Fuller,
2016 Jeans & Jewels Honorees

Mark your calendars for the 18th Annual Jeans & Jewels Gala, to be held **Saturday, October 22, 2016** at The Woodlands Waterway Marriott.

our honorees

We are delighted to announce that this year's gala will honor Darlis and Tom Fuller, long-time supporters of NAM.

Tom co-founded Diverse Energy Investments, LP

where his focus is on oil and gas business-related development. Tom recently served as NAM Endowment Fund Board President and continues to serve as chair of the Planned Giving Committee. He is a tireless advocate on behalf of NAM and the NAM Endowment Fund.

Darlis was first introduced to NAM through Meals on Wheels and later became an active Jeans & Jewels volunteer. Darlis and Tom have been enthusiastic supporters of Jeans & Jewels for many years.



Carol and Mike Watford,
2016 Jeans & Jewels Honorary Chairs

Mike is the Chairman, President & CEO of Ultra Petroleum Corp. He currently serves as Vice Chair of NAM's Board of Trustees, and has served on the Board for several years. The Watfords have generously supported NAM in many ways, including Jeans & Jewels.

Please make plans now to join us for a wonderful evening!

honorary chairs

We are equally pleased to announce that our honorary chairs for this year's gala are Carol and Mike Watford.

reserve your place

Don't wait—reserve your place at the Jeans & Jewels Gala now! Tables range from \$2,000 to \$50,000, with individual tickets at \$200 per person.

Tables are reserved in the order that payment is received, and funds from early sales help NAM through the summer months. Contact Ryan Barnes at 281.885.4608 or rbarnes@namonline.org for details or to make a reservation. Thank you!

survival over summer

CONTINUED FROM P.1

This summer is expected to be especially challenging because of the high number of people who have lost their jobs. And it underscores the need for the vocational training center NAM hopes to build, so area residents can gain the skills for better-paying jobs to support their families.

The goal of SOS is to raise \$200,000 in cash or canned goods by April 30. For every \$1 in cash contributions to SOS, Linda and Joe Fowler will give \$3 to NAM's building campaign, up to a maximum of \$300,000.

"Thanks to the generosity of the Fowlers, with one gift you can help meet urgent

needs this summer and invest in the future of our community as well," said Carole Little, President & CEO of NAM. "Where else can you triple your investment these days? Please make the most of this matching gift. Join with the Fowlers and make a life-changing difference for Neighbors in Need."



Linda and Joe Fowler

VOLUNTEER SPOTLIGHT

judy martin



Judy Martin worked as a special education aide in Klein ISD for 17 years. But when she retired, she wanted to help people in a different way.

So she attended volunteer orientation at NAM. As they toured the various programs and learned about opportunities, one stood out clearly to her: the Family Violence Center.

“As soon as I came in here and saw what they did, that was the only choice I wanted,” Judy recalls.

Every Tuesday for the past six years, Judy has volunteered on the FVC hotline, answering calls from people who need help escaping an abusive or violent situation.

Judy says the most rewarding part is working with a client and witnessing the steps they take to make life better for themselves and their children.

“It’s not quick—it’s a long process,” she says. “Trying

to instill in them the patience and confidence that it takes—that’s what I enjoy the most.”

“The hours that you invest come back to you tenfold.”

Extensive training is provided for hotline volunteers, and much of what they learn is through observation.

“FVC is a great place to volunteer,” Judy says. “Sheryl Johnson, our director, is very helpful to volunteers by processing with us after we do intake interviews, insuring that what we’ve heard does not linger with us. And the staff is just fun. You have to keep it light because what we do can be so stressful.”

“For people who are beginning to think about retirement, volunteering at NAM is an excellent choice,” Judy adds. “The hours that you invest come back to you tenfold.”



A big thank you goes to all groups who volunteered in December, January or February, as well as the many individuals and families who gave their time!

Anadarko
Chamberlain College of
Nursing
Community Connections
Empowered Hands
ExxonMobil Midstream
Group
Fallbrook Church
Hewlett Packard Enterprise
Homeless Houston
Houston Northwest Filipino
American Community
Klein High School Students

Klein Forest Students
Legacy League
National Charity League -
Champions
National Charity League -
Cypress Belles
National Charity League -
Wildflowers
National Charity League -
Yellow Rose
Northwoods Presbyterian
Church
Wildewood Baptist Church

volunteers NEEDED

NAM relies on more than 2,600 volunteers to carry out our mission each year—and we need you! To learn more, please contact **Ebony Kimble at (281) 885-4604 or ekimble@namonline.org**.

orientation dates

- Thursday, March 17 at 10 a.m.
 - Wednesday, April 6 at 10 a.m.
 - Thursday, April 21 at 10 a.m.
 - Wednesday, May 4 at 10 a.m.
- ...or by appointment

especially needed

- Meals on Wheels drivers
- Resale volunteers on weekdays
- Bilingual volunteers for the Children’s Clinic
- 50+ Rhythm Walking instructor
- 50+ Bus driver

thank you

CORPORATE & FOUNDATION DONORS

Cash gifts of \$1,000 or more, excluding events. • December, 2015 - February, 2016

AMPCO Services, L.L.C.
Anonymous
Carl C. Anderson Sr. & Marie Jo Anderson Foundation
EOG Resources, Inc.
Givingtree Foundation
Healthcare & Nursing Education Foundation
Isla Carroll Turner Friendship Trust
J and N Lehmann Foundation, Inc.
Lulu Bryan Rambaud Charitable Trust
M.D. Anderson Foundation
Marek Family Foundation
Maximus Foundation
Mirror Gallery, Inc.

Newfield Exploration Company
P&N Machine Co, Inc.
Plains All American Pipeline, LP
Raising Cane's- #203
Spindletop Charities, Inc.
Stream-Flo USA LLC
The Frees Foundation
The Jacob and Terese Hershey Foundation
The Lewis and Joan Lowenstein Foundation
The Lyons Foundation
The Simmons Foundation
The Waggoners Foundation
United Way of Greater Houston
Visualutions, Inc.
Whole Foods Market - Champions

snapshots

OF CARING



The Junior League of Houston presented a check to NAM for \$15,900 to help meet specific needs within Meals on Wheels and the Family Violence Center. Thank you for your generous support of Neighbors in Need!

At their annual Christmas open house for NAM, Pam and Bob Hughes collected 70 bags of toys, 349 pounds of food and \$1,500 in cash donations from 200 neighbors who stopped by to celebrate.



Raising Cane's at 13330 Tomball Parkwy has jumped right in to support NAM, providing lunch for IHN volunteers, gift cards, volunteer hours at our resale store, and a \$1,000 donation.

wish list

Below is a partial list of current needs throughout NAM's programs. For a complete list, please visit namonline.org.

- 2 fireproof file cabinets for Human Resources (\$2,400)
- 2 scanners for Housing Services
- Replace AC chiller (\$125,000)
- Resurface NAM parking lot (\$10,000)
- 50 boxes of Band-Aids for the Children's Clinic (\$150)
- \$20 gasoline cards for those fleeing domestic violence
- Substitute Bingo callers for 50+
- 50 licenses for Microsoft Office 2016 (\$29 each)

mission

VISION AND VALUES

The **mission** of Northwest Assistance Ministries is to strive to meet basic human needs through Neighbors Helping Neighbors.

NAM's **vision**, grounded in our mission and true to our values, is a community in which Neighbors care for Neighbors through our collaborative effort with area congregations, community partners, donors and volunteers. Resources are pooled and leveraged to meet basic needs and to help individuals regain their self-sufficiency, thereby creating a safer and more stable community for all.

Northwest Assistance Ministries **values**: maintaining a strong commitment to our mission of meeting basic human needs through Neighbors Helping Neighbors; fostering a spirit of respect and charity; striving for excellence in all we do; and strengthening connections with our spiritual, funding, and volunteer partners.



What will you find today?

Donations gratefully accepted at all locations.
For furniture pick-up call (281) 885-4545.

2303 FM 1960 W | 10505 Jones Road | 15555 Kuykendahl



15555 Kuykendahl
Houston, Texas 77090-3651
281.885.4555
www.namonline.org

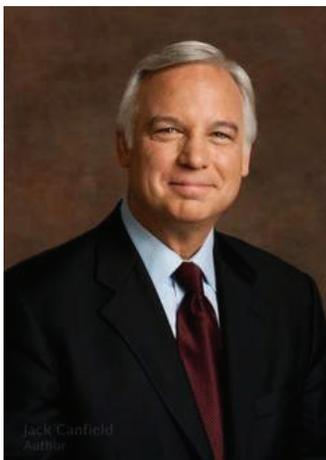
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281.885.4607 or bhanna@namonline.org.



endowment dinner

MAY 4, 2016



Success Principles, The Power of Focus, The Key to Living the Law of Attraction and more. Affectionately known



as America's #1 Success Coach, he is a leading expert in creating peak performance, helping

people take on greater challenges and produce breakthrough results.

Proceeds from the event will benefit the current and future services of NAM through the NAM Endowment Fund. The Endowment Fund was created in 2000 to enhance the financial stability of NAM and to provide financial security for the future.

Tickets are still available for the 2016 NAM Endowment Dinner, with New York Times bestselling author Jack Canfield.

Canfield is the originator and co-creator of the *Chicken Soup for the Soul* series, as well as author of *The*

tickets

Date: Wednesday, May 4, 2016
Time: 7 p.m.
Place: The Woodlands Waterway Marriott
Tickets: \$250/person; Tables start at \$2,500
Contact: Ryan Barnes, 281.885.4608
or rbarnes@namonline.org

NAM notes

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