



# My Friends House

Hope for Tomorrow: Sharing Caring Loving

*My Friends House offers hope for tomorrow by sharing the love of God by caring for those in need.*

## HUNGER HURTS, POOR NUTRITION KILLS!

A Semi-Annual Newsletter

Issue No 1 - Spring/Summer 2012

### Hunger Hurts!

*One in six individuals and one in five children live in poverty in this country.*

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### Stamp Out Hunger Campaign

*is the country's largest one day food drive and it benefitted My Friends House.*

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## First Annual Board Meeting

*Ascension Lutheran Church, LA was the site of the first My Friends House annual board meeting and installation on Sunday, April 22, 2012.*

The first official Board of Directors for My Friends House (MFH) was installed during the worship service of Ascension Lutheran Church. Former interim Board Chair and recent seminary graduate, Tempie Beaman, performed the installation of the 10 volunteers.

### Annual Meeting

Judith Tutt-Starr, Board Chair and Tempie D. Beaman, Executive Director conducted the annual meeting and awards presentation in

their usual relaxed, but efficient manner. Members of the board were ratified and information was shared about upcoming events. Ms. Beaman highlighted key sections of the organization's first annual report. Following her presentation, the newly created Friendship Awards were presented.



### Friendship Awards

Three categories of awards were established by the board to recognize volunteers, donors and partners. The award is given to one person or organization in each category. Barbara Walton accepted the Partner Friendship award for Ascension. Edward and Olga Weise accepted the Donor Friendship Award. Mrs. Weise said, "when you give, your right hand should not know what the left is doing." They expressed their joy in working with MFH. Lorna Harrison accepted the Volunteer Friendship Award for her commitment and dedication to My Friends House for over 15 years. After retiring on October 30, 2010, Lorna was in the office the next work day as a

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## EXECUTIVE DIRECTOR'S CORNER

2012 is a significant year for My Friends House as it represents a new beginning for a ministry more than 15 years old. We held our first annual board meeting and board retreat, created our first annual report and newsletter, reestablished our partnership with the Parish Nurse Program of California Hospital Medical Center, and began developing new partnerships and collaborations.

In 2011, we bought over \$57,000 pounds of food valued at \$177,000 for \$7600 from the Los Angeles Regional Food Bank, which enabled us to serve over 5,000 households feeding over 16,000 persons. The organization was accepted into a competitive capacity building program, the Annenberg Foundation's Alchemy Leadership Seminar. This seminar series works with the executive director and board chair to build a strong, fiscally responsible governing board. We have made significant progress using the tools we have learned.

We give thanks to all of our volunteers without whom we could not do this work. Praise God!

Continued from page 1 Annual Meeting volunteer. She stated that she was



honored and privileged to be a part of MFH. In the future this award will carry her name as the Lorna Harrison Volunteer Friendship Award.



## Hunger Hurts!

*Hunger hurts! One in six individuals and one in five children live in poverty in this country.*

Of the 12 million people who live in Los Angeles County, almost 2 million are food insecure. This means that 2 million people do not have enough resources to buy food on a regular basis. My Friends House is a safety net for those individuals in our community. The Hunger Prevention Program, coordinated by Frank and Lorna Harrison, helps individuals stretch their income, enabling them to take care of other responsibilities. We provide a friendly, welcoming place to give them a "helping hand" rather than a handout. Ms. Sophia says, "Although it is not a lot of food, it is enough to help stretch and plan meals each week." Ms. Sophia has been unemployed since May 2011.

## Poor Nutrition Kills!

*African-Americans and Latinos have higher rates of diabetes, hypertension, obesity and high cholesterol than other ethnic groups. Government agencies report the death rate for African Americans was higher than Whites for heart diseases, stroke, cancer, and diabetes with similar data for Latinos.*

People of African and Latino descent tend to face health challenges due to lifestyle choices. They suffer from chronic health issues like diabetes, hypertension, obesity and high cholesterol which may be controlled by diet and exercise. Government agencies report the death rate for African Americans was higher than Whites for heart diseases, stroke, cancer, and diabetes with similar data for Latinos. Poor Nutrition Kills!

## Parish Nurse Program

*Nurse Bradley screens community residents for lifestyle diseases, refers to*

*appropriate medical providers, and provides educational materials.*

California Hospital Medical Center, a Dignity Health Member, is a long time partner of My Friends House. Through the Community Benefit Department, they provide a nurse to screen individuals for what are known as lifestyle diseases--hypertension, diabetes, and high cholesterol. Lifestyle diseases are those that can be prevented or controlled by proper nutrition and exercise.

In April, Maureen T. Bradley, RN was assigned as our newest Parish Nurse. She serves the community through My Friends House every third Wednesday from 9:00-11:00.

Nurse Bradley takes time to explain the screening results to the individual, especially if they are abnormal. She refers those with abnormal readings to a local medical clinic or their health care provider and where warranted recommends that 911 be called. She provides and reviews educational materials with each person that helps them understand how to prevent or manage their condition.

## Stamp Out Hunger Campaign

Labor Community Services with United Way Greater Los Angeles and the Los Angeles County Federation of Labor AFL-CIO coordinated the letter carriers' food drive of May 12. In 2011, over 88,000 pounds of food was collected and this year, over 300,000 pounds thanks to the residents of Los Angeles County!

MFH was a recipient of some of the donated foods. To show our appreciation, we plan to coordinate a group of volunteers for next year's drive which is always held the second Saturday in May (the day before Mother's Day). Mark your calendar's now and plan to join us for a fun and worthwhile few hours sometime during that week.

## FRIENDSHIP

*The individuals and organizations below have partnered with My Friends House to provide hope for tomorrow by sharing, caring and loving those we serve. We thank them for their partnership and support.*

### **Individuals**

Vanessa Adams Ross  
Gay Atkins-Barrett  
Cleveland Bailey  
Tempie Beaman  
Otis Belle  
Mack & Carol Black  
Karen Bowers  
Phyllis Bowers  
Eric Brubaker  
Roland Brown  
Carolyn Burton  
Alan Clarke  
Thalia Clarke  
Mark Coates  
Cole Family  
Patricia Digre  
Kenneth & Ramona Dyer  
Red Godfrey  
Blondelle Grant  
Kevin & Carolyn Hardiman  
Hill Family  
Delores Huffman  
Janice James

Russell & Norma James  
Shirley Jordan Jones  
Doris Lewis  
June Loo  
Darlene Love  
Terry & Sharon Martin  
Mary Maultsby  
Brandon McCall  
Nina McCall-Powell  
Kenneth & Wilma Miller  
Keia Morris  
Osei-Tutu Family  
Palmer Family  
Mae Watts Parrish  
William Riley, Jr.  
Tommie & Linda Sewell  
Krystal Shipp  
Christopher Sibley  
Alix Stayton  
Melody Stroud  
Judith Tutt Starr  
Barbara Walton  
Edward & Olga Weise  
Brandy Welch  
Ingrid Wilson

Ora Wilson  
Joseph & Artie Wimsatt

### **Partners**

Ascension Lutheran, LA  
ELCA Domestic Hunger Program  
Harvest Foods (KFC, Pizza Hut, Red Lobster)  
Los Angeles Regional Food Bank  
New City Parish, Inc.  
Our Savior Lutheran, LCMS  
Thrivent for Lutherans  
Sprouts Farmer's Market, Culver City  
Trinity Lutheran, Manhattan Beach  
Westchester Lutheran Elementary School  
Women of the ELCA (WELCA)  
Your Plate or Mine, Inc. (Chef Donna Barrow)

### **THANK YOU!!**

### **Board of Directors**

**Judith Tutt-Starr** — Chair  
**Brandon McCall** — Vice Chair  
**Carolyn Burton** — Treasurer  
**Brandy Welch** — Secretary  
Karen Bowers - Phyllis Bowers  
June Loo - Nina Powell  
Alix Stayton

### **Staff**

**Tempie D. Beaman**  
**Executive Director**  
**Frank and Lorna Harrison**  
**Hunger Prevention Coordinators**  
Phyllis Bowers - Rita Cruz  
Keisha Hall - Frank Harrison IV  
Ralph Hauze - Bernard Howard  
Grace Jones - Diana Simmons  
Judith Tutt-Starr

**Parish Nurse**  
Maureen Bradley



## Chair's Message

*Sharing. Caring. Loving.*

For just over 15 years, Lorna Harrison was the Director and first friendly face you would see at Neighborhood House, now called My Friends House. The ministry which began as an outreach to the community of Ascension Lutheran Church, Los Angeles, first only provided bread to the hungry of the community. Under Lorna's leadership, networks and avenues to increase the amount of food resources and other health related services were developed that My Friends House has become known for. She has built relationships with the Los Angeles Regional Food Bank, the Harvest Food Program, several grocery retailers and other churches, providing fresh produce, meat and canned food items. All of these partners, help to provide to community members who may be at-risk of an adequate food supply to carry them through their month.

Lorna has participated in annual trainings with the LA Regional Food Bank and the ELCA Hunger Program. Her giving spirit has led her and other staff members to volunteer at the food bank.

In October of 2010, Lorna retired from My Friends House. Her husband Frank, who had participated in her work for many years, stepped in as the Volunteer Hunger Coordinator. When he became ill, Lorna did not miss a step in returning to the work of being a ministry partner to the people of the community.

To this date, as a volunteer, she still helps to prepare the weekly food distribution, which includes making runs to pick up the food items.

Executive Director Tempie Beaman says of Lorna, "Lorna is always available for prayer and provides a caring loving and faithful experience." One of the regular clients to My Friends House says, "I don't feel like I'm getting a handout, but a helping hand".

### **DONATE NOW!**

Visit our website for more information. Use PayPal to donate and help us end the pain of hunger and the killing effects of poor nutrition.

[www.myfriendshouseonline.org](http://www.myfriendshouseonline.org)

Keep us in your prayers. Thanks for your support.



## Volunteers in Action

*My Friends House is an all-volunteer organization. Board members and the staff volunteer their time and expertise to My Friends House to provide a variety of*



*healthy food to our community. We also give back to the organization that provides much of the food we distribute, the*



*Los Angeles Regional Food Bank. At least twice a year, we spend a Saturday morning sorting food products. The LA Regional Food Bank relies on volunteers to help*



*keep their costs down.*



*Board members, staff and friends of MFH volunteered for a 4-hour shift to help sort through the donated food collected in the Stamp Out Hunger Campaign in preparation for distribution to food pantries.*