



My Friends House

Hope for Tomorrow: Sharing Caring Loving

ANNENBERG ALCHEMY LEADERSHIP SEMINAR ALUMNI

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 2 - Fall 2012/Winter 2013

MFH Grant Recipient!

My Friends House received grants from the ELCA Domestic Hunger Fund & the Southwest California Synod.

Fundraising Challenge!

Help MFH raise \$10,000 for a new van.

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Executive Director

Beaman focuses the organization on sustainability.

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Kitchen Divas!

Black Women for Wellness, Ascension Lutheran Church & MFH offer a fun and tasty way to increase vegetables in your diet.

Heart Help!

People of African or Latino descent have higher rates of diabetes, obesity, hypertension, and high cholesterol than other ethnicities. Heart Help can help!

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Friendship

My Friends House supporters and partners.

Chair's Message

Starr shares the blessings of the Christmas season.

Christmas Blessings!

Trinity Lutheran, Manhattan Beach blesses children with their annual Christmas gifts.

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Southwest California Synod and ELCA grants awarded to My Friends House

My Friends House received grants from the Domestic Hunger Fund of the Poverty and Justice Ministries unit of Congregation and Synodical Mission and the Endowment Fund of the Southwest California Synod of the Evangelical Lutheran Church in America

Board Chair Judith Tutt-Starr joins other grant recipients accepting Mission & Ministry grants from the Endowment Committee of the Southwest California Synod.

My Friends House requested \$20,000 to purchase a new van. The van is used to pick up food from the Los

Angeles Food Bank, Sprouts Farmers Market, Red Lobster Restaurant, KFC and Pizza Hut for our weekly food distribution program. MFH was awarded \$9,000, which will be used with other funding to buy the new van in 2013.



The ELCA Domestic Hunger Program awarded a grant of \$2000 for a new program that teaches people how to

prepare healthier meals. My Friends House will collaborate with another non-profit to offer this program in 2013 (see Kitchen Divas story, p2).

May 15th Fundraising Challenge!

Help My Friends House raise \$10,000 by May 15, 2013 to add to the Synod grant to purchase a van.

The Board of Directors set a fundraising goal of \$10,000 to add to the funds awarded My Friends House by the Southwest California Synod to buy a new van. The van is used to pick up food and other donated items from our partners in Los Angeles, Culver City, and Inglewood. For

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EXECUTIVE DIRECTOR'S CORNER



This continues to be a time for laying the foundation for sustainability of My Friends House. Our February board retreat will develop a strategic plan for the next 3-5 years.

We received over \$10,000 in grants, began developing new health education programs with community partners, are recruiting new board members, updating our website, and implementing best practices learned through the Annenberg Alchemy Leadership Seminars. We began the process to affiliate with the Evangelical Lutheran Church in America and Lutheran Services America.

Our Annual Meeting & Recognition Awards is May 19, 2013. Watch for your invitation.

Your comments on our work and newsletter can be sent to me at info@myfriendshouseonline.org.

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several years, we have been using an old donated passenger van that really can't handle the weight of items that we need to transport.

We need \$20,000 to buy the van we've selected. The Synod granted us \$9,000. You can help us by making a donation between now and May 15th. Send your donation directly to My Friends House, 3533 W 58th Place, LA 90043 and specify on your check or money order--VAN.

Are You at Risk for a Heart Attack or Stroke?

African-Americans and Latinos have higher rates of diabetes, hypertension, obesity and high cholesterol than other ethnic groups. Heart Help can help you understand your risks and make changes.

Heart Help, which is being planned for the spring 2013, is a free program designed to help you take steps to prevent and or control those factors

that put you at greater risk for heart disease. The program meets 2 hours, once a week for 5 consecutive weeks. Participants will have a physical assessment at the first and last sessions and 3 months later. They are asked to fast in preparation for each assessment. The purpose of the assessments are to determine your progress as you learn about the changes you can make to improve the health of your heart.

There are 5 objectives for Heart Help:

1. Identify your risk factors
2. Identify behaviors that can help reduce your risk of heart disease
3. Identify normal blood pressure/cholesterol values
4. Select strategies to overcome your barriers to exercise
5. Develop a contract for change

Participants are asked to commit to attending each session. If you are overweight, do not get much exercise, have high blood pressure, or high cholesterol, then this program is for you! To express interest in this program and to be notified when we start the program, please call My Friends House at 323.292.4939 or email info@myfriendshouseonline.org.

As part of our Parish Nurse Program with California Hospital Medical Center, a Dignity Health Member, and long time partner of My Friends House, we will begin a series of health education programs designed to help us take control of our health by making better lifestyle decisions. Heart Help is the first in the series.

Kitchen Divas @ My Friends House

My Friends House is collaborating with, Black Women for Wellness, to offer their highly popular program, Kitchen Divas.

Kitchen Divas works with chefs and cooks in our community to offer

interactive classes focusing mainly on vegetarian dishes, using what is in season. They follow the guidelines established by the heart and diabetes associations. Participants learn how to add more fruits and vegetables to their diets in a healthy and delicious way. They discuss the nutritional values of the items prepared and how



to read and understand the labels on food we buy. Participants are encouraged to keep journals about their food intake and exercise. Each Kitchen Divas program is a series of 5 weekly classes, meeting for about 2.5 hours. Our Kitchen Divas program will held Wednesdays (Tuesdays during Lent) from 5:00-7:30 PM in the Parish Hall of Ascension Lutheran Church, 5820 West Blvd., Los Angeles. The next session starts Tuesday, February 19th. For more information contact My Friends House at 323.292.4939 or info@myfriendshouseonline.org.

Black Women for Wellness is a multi-generational, membership-based organization committed to the well being of Black women and girls by building healthy communities through health education, empowerment and advocacy.

Watch for the launch of our upgraded website!

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
Shannon Workman

Partners

Ascension Lutheran, LA
A.T. Cooper Enterprises, CPA
Black Women for Wellness
ELCA Domestic Hunger Program
Harvest Foods (KFC, Pizza Hut, Red Lobster)
Los Angeles Regional Food Bank
Lutheran Credit Union of American
New City Parish, Inc.
Our Savior Lutheran, LCMS
Thrivent for Lutherans
Sprouts Farmer's Market, Culver City
Southwest California Synod

Trinity Lutheran, Manhattan Beach
Westchester Lutheran Elementary School
Women of the ELCA (WELCA)
Your Plate or Mine, Inc. (Chef Donna Barrow)

THANK YOU ALL!!

DONATE NOW!

Use PayPal on our website or send your donation directly to My Friends House and help us end the pain of hunger and the killing effects of poor nutrition. Keep us in your prayers.

www.myfriendshouseonline.org



Chair's Message

Sharing. Caring. Loving.

During the seasons of Advent and Christmas, I am mindful of the blessings they bring to us. As a community, we are privileged to actively celebrate the time in which we wait with great expectation all that the Christmas season means.

I grow quite sentimental during these seasons thinking about all of my blessings. One for which I am grateful is working with the staff, volunteers, and board of My Friends House. While I am grateful during this time, I am also realistic because I know that the current economy suffers many challenges. We do not escape these challenges at My Friends House, as we share the losses and sorrows of the families whom we serve. Our constituents and their families benefit from your generosity. I am exceptionally thankful to all of you who support us by giving of your time and donations. Your generosity in these recessive times support our program gaps and are encouraging and inspiring in affirming our work for this community. You are valued partners in our ministry, that we do not take lightly.

My Friends House is a community that is a "we" because our values permeate and enliven all the people we touch: we recognize the God in each other. The major task of our life is to live the particular ministry God has given us and to transform the world by being that word of peace, justice and love, wherever we are. May each of you be blessed this New Year!

Christmas Blessings!

Trinity Lutheran Church, Manhattan Beach brings joy to the faces of children served by My Friends House.

The members of Trinity Lutheran Church in Manhattan Beach made the smiles on these children's faces possible by providing over 150 gifts for children up to 12 years old this past Christmas. Trinity Lutheran has partnered with My Friends House for over 10 years, providing over 1000 gifts for the children of our constituents.



These pictures and the balloon animals were provided by Aaron Tidewell on staff at Lutheran Retreats, Camps & Conferences. Aaron was our former contact for this

program for several years.

Mission - Purpose

My Friends House is an organization that works to prevent hunger and promote healthy living. We serve women and children, the underemployed and unemployed, the homeless, seniors and veterans.

In 2012, we distributed over 54,000 pounds of food to more than 5,000 individuals, feeding approximately 16,000 people. This averages to 3,375 pounds of food per person fed. We are a safety net for many, helping them stretch their food budget each week.

The work we do is handled by a small dedicated staff of part time volunteers. Frank and Lorna Harrison, Hunger Prevention Program Coordinators, work with a staff of 9 to collect, organize and sort food items and prepare for distribution on Mondays and Tuesdays. Wednesday mornings, they greet our constituents with smiling faces, kind words, and sometimes hugs and prayers helping them to select the items they need for their families. Our dedicated staff of volunteers averaged close to 300 hours per week, which does not include the time of the members of the board and executive director.

Board of Directors

Judith Tutt-Starr — Chair
Carolyn Burton — Treasurer
Brandy Welch — Secretary
Karen Bowers
Phyllis Bowers
June Loo
Nina Powell
Alix Stayton
Jason Yancey

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