



Stepping Out of the Storm: Tamara Salinas-McMahon

Tamara Salinas-McMahon left her husband of eighteen years and her life as a stay at home mom in 2009. He had been neglectful throughout the marriage, but neglect turned into abuse two years earlier and that abuse became severe...so severe that Tamara pressed charges of assault with a deadly weapon against her spouse. She knew then that she had to leave the man she had tried to "fix" for so many years, even nursing him through drug and alcohol addiction and saving him from overdoses. "I needed to get myself and my kids out of this situation," she recalls.



Tamara Salinas-McMahon

The frightened wife was mother to three young boys, who were also victims of their father's abuse. Tamara knew that she had to re-enter the workforce. She had served in the U.S. Army earlier and acquired good administrative and customer service skills there. Her long term goal is to earn a Master's degree in Psychology and become a therapist, but for now she will take anything that pays the bills. Those goals seemed very far away,

however, when Tamara first stepped out on her own.

NAM's Interfaith Hospitality Network (IHN) was Tamara's entry point into NAM.

She had been homeless for four months when she arrived at NAM, and had been in two different homeless shelters. The rigorous screening process for IHN, which irritates some clients, actually comforted Tamara. "I was impressed that the clients have to submit to drug tests and background checks," she shares. "This was not done at other shelters and I felt much safer because of it." Tamara knew what she needed to do to succeed in the program. She also found a mentor in IHN Director Karen Weakly. "Ms. Weekly is very firm about meeting goals, but also very compassionate."

Tamara was also impressed by the host congregations that feed and house the IHN families in the evenings. The program was so different from the other shelters she had experienced. "Everyone was so loving and giving," she praises. Once the IHN staff learned of the abuse in the Salinas-

McMahon household, they referred the family to NAM's Family Violence Center (FVC). It was at this point that Tamara and her boys began to receive therapy.

As a veteran, Tamara has access to special job development classes. She met the IHN goals during her stay, continued her job training, and qualified for supportive housing through NAM's Shelter and Energy Assistance (SEA) program. This covers her housing costs while she finishes her education and until she is employed. She has filed for divorce from her husband. The three boys have been traumatized by their abusive background and suffer from post traumatic stress disorder, anxiety and depression. They are all receiving therapy and medication. The boys have been through many changes in a short period of time - moving from shelter to shelter, from school to school, from doctor to doctor. "They still have nightmares," their mother says sadly. "It will take awhile for them to heal."

Tamara is still struggling to achieve independence, but she has a home now and is taking charge of her future. She is grateful to NAM and the staff there for showing her a healthier way to live. "Now that I have stepped out of the storm," she shares, "I have received so many blessings. Now, I have a life worth living!"

Art for the Hungry Kicks off Survival over Summer Food Drive

NAM's annual Survival Over Summer food drive got a head start this year with the Art for the Hungry event on February 27 at Willowbrook Mall. Participating groups built sculptures made of non-perishable food items with the theme "Out of this World." The goal of Art for the Hungry is to provide at least 10,000 food items for the NAM Food Pantry. Groups building food sculptures this year include: Church of Champions Lifeline Youth Group, Cypress Ranch High School, Klein High School National Art Honor Society, National Charity League - Cypress Creek Chapter, Klein United Methodist Church youth

groups (2 sculptures), Starbucks Coffee #6933, and Rotary of Willowbrook/Cypress Creek Interact/Houston NW Sunset. The sculptures remain on display at the mall until the evening of March 13, when an awards ceremony will be held to recognize the People's Choice and Judges' Choice designs.

Each year after the busy holiday season, the NAM Food Pantry is depleted. Art for the Hungry jump starts the summer food drives that replenish the Pantry in time for the critical summer months. Summer is a time of high demand for food since

children are out of school and families' budgets are strained by high electric bills. The Food Pantry currently serves over 900 families each month.

Groups are invited to hold food drives for NAM throughout the year, but especially in the months of March and April. NAM has a grant from The Feinstein Foundation that provides a proportional match for any food or funds donated to the Food Pantry in those months. For information on holding a food drive, call 281-885-4609 or email fullerton@namonline.org.



Carole Little

From the President & CEO...

Did you know that April is National Volunteer Month? That is why NAM holds its Volunteer Appreciation Luncheon each year in April. One month out of a year, however, is not enough to recognize volunteers! Each and every day at NAM, we give thanks for the thousands of volunteers that put our mission into action through Neighbors helping Neighbors.

In 1983, NAM began as a grassroots, volunteer effort. The effort was led by our ten founding congregations, whose members generously gave of their time and resources. Twenty-eight years later, we have over 50 affiliated congregations and approximately 2,000 volunteers! Our relatively small staff of 85 cannot carry out our mission alone. Volunteers are truly the lifeblood of this organization.

NAM's volunteers come from a variety of backgrounds. Many are members of our congregations, or employees of

businesses that support NAM. Others are retirees looking to give back, or members of service organizations. Some are children who volunteer with their parents, or teens involved in youth groups. Our volunteers are young and old, men and women, people of every race, background and religion.

These dedicated individuals perform a variety of tasks at NAM. Some bring their expertise to serve on our Board of Trustees or Endowment Board. Others lend their event planning talents to Jeans and Jewels. Our congregations appoint volunteers to serve on the Congregational Advisory Council. Others drive Meals on Wheels, counsel clients, sort and distribute food in the Food Pantry, teach classes, perform clerical duties, sort clothing in our resale shops, host homeless families at their congregations, and more! Volunteers are found at every level of NAM.

The U.S. government actually places a dollar value on volunteer service, and we calculate that value as an "in kind" (non cash) contribution in our budget each year. The monetary value of the volunteer service given to NAM currently exceeds \$1 million annually! It is literally true to say that we have "million dollar volunteers".

If you are not currently volunteering and would like more information, please contact our Community Relations Manager Linda Fullerton at 281-885-4609 or at lfullerton@namonline.org. She conducts two volunteer orientations each month, on the first Wednesday and third Thursday at 10:00 a.m. If those times do not work for you, we will do our best to accommodate your schedule. The resale stores are in special need of volunteer groups to sort through the mountains of clothing we receive.

NAM always has room for more volunteers, and we have room for YOU! So, if you are already volunteering, THANK YOU! And, if you are not, consider giving it a try! Our volunteers tell me that they GET as much out of serving as they give!

Carole Little
President & CEO

NAM Programs and Services

Assistance Office	281-583-5600	Shelter & Energy Assistance ...	281-885-4531
Children's Clinic	281-885-4630	NAM Resale Shop & Donation Centers	
Development/		FM 1960	281-880-9000
Cash Donations	281-885-4605	Jones Road	281-897-8952
Furniture Donations		Corner Resale Shop	281-885-4544
Hotline	281-880-9482	Other agencies at NAM	
Family Violence Center	281-885-4673	Harris Co. Soc. Services	281-885-4591
Interfaith Hospitality		Even Start	281-586-1888
Network	281-885-4567	Gulf Coast Community	
Meals on Wheels	281-885-4622	Services	281-397-0176
Rotary Learning Center	281-885-4616	Harris County Sheriffs	
Senior Services	281-885-4600	Department.....	281-885-4523

NAM Statement of Activities for the twelve months ended 12/31/10 (unaudited)

Total Support and Revenues	\$2,717,515
Expenses	
Program services	\$2,286,999
Management and General	\$160,029
Fundraising and Development	\$78,468
Total Expenses	\$2,525,496
Increase (Decrease) in Net Assets	\$192,019

NAM's fiscal year runs Oct. 1, 2010 to Sept. 30, 2011. In NAM's last fiscal year, 90 cents of every dollar went to direct services.

Calling all volunteers!

We want to know why you volunteer and how it has impacted your life. Share your stories with us by emailing clittle@namonline.org. These stories may be shared in a book about NAM.

It's a FIESTA!



All current NAM volunteers are invited to attend the annual Volunteer Appreciation Luncheon on Thursday, April 7 at 12 noon.

This year's event will be held at a new location – Klein United Methodist Church. The theme is "FIESTA!" and Tex Mex cuisine by Alicia's Mexican Grille will be served. RSVP: 281-885-4609 or lfullerton@namonline.org.

A Partnership with Vision

Thanks to a new partnership with InFOCUS and Visual Compassion, NAM now offers free vision screenings and low-cost eyewear in its resale stores. In February, NAM opened vision stations in its FM 1960 and Jones Road stores. A third vision station is set to open soon at Corner Resale in NAM's main building. The vision stations offer free vision screenings, referrals, and low cost eyeglasses.

InFOCUS began in 1987 as an outreach project of the UH College of Optometry. Its mission is to help the disadvantaged get the eye care and eyeglasses they need to lead healthy and productive lives. InFOCUS has teamed up with Visual Compassion, a Christian ministry attacking poverty by providing low-cost eye care services and entry-level job training opportunities for the working poor, to provide affordable eyeglasses.

The two groups achieve their missions by setting up vision stations in underserved communities. The stations are established in familiar, community-oriented places such as churches, clinics, thrift stores or social service agencies. This makes it easy for families to access the stations and to pick up their glasses. Each station offers state based vision screenings, and fometry screenings that help determine the prescription.

When vision problems are detected, the individual will be counseled on how to use the existing social system. Beyond screening and referrals, the vision station sells quality prescription glasses for \$10 and bifocals for \$25. The glasses are made by individuals who have overcome addiction and incarceration and are in Visual Compassion's job training ministry.

Dr. Joseph Dollak, CEO of Visual Compassion and InFOCUS, is excited about the new partnership. "NAM is a perfect fit for the vision station program, which is geared at bringing entry point vision services into the roots of communities. With NAM's strong community ties, the vision stations will be able to reach the needs of thousands more."



AMPCO made a \$10,000 donation to NAM for the holidays. From left to right: Hank Williams, Sharon Tibbs, Becky Landes from NAM, and Edson Jones.


According to Dr. Dollak, one in four people has vision problems and this is the number one hindrance to learning for students. He shares a story of a homeless man who came to his eye clinic in the Third Ward: "This man had put off taking his Journeyman's electrician test for over a year because he could not see the test. About a month and a half ago, he got a pair of glasses through Visual Compassion. Last week he passed his test, and has found employment! As soon as he gets his first paycheck, he will be off the streets!"

NAM was first introduced to this innovative project through a corporate donor, AMPCO (Atlantic Methanol). The company became a supporter of NAM in late 2010 and quickly connected us with Visual Compassion, another

cause they support. To AMPCO, the partnership seemed a perfect match. AMPCO Contracts and Governance Coordinator Sharon Tibbs says, "AMPCO understands NAM's mission to the community and Visual Compassion's resource is to meet the visual needs of the underprivileged people in our community. The collaboration, with the aid of dedicated staff and volunteers, will bring a much needed change to our community and neighbors."

AMPCO operates one of the largest and lowest cost methanol plants in the world. The company is located in Equatorial Guinea, West Africa and has been producing chemical grade methanol from the natural gas produced off Bioko Island since 2001. Their local office is in the Greenspoint area. According to Ms. Tibbs: "The foundation of AMPCO's mission is to strengthen and establish our community through charities which enhance the quality of life and establish a new sense of pride."

NAM is thrilled to have such a strong corporate supporter, and such a wonderful new eye care partnership. "The vision stations are a wonderful way for NAM to provide low cost eyecare to Neighbors in Need," says NAM President & CEO Carole Little. "We are so grateful to AMPCO for introducing us to this wonderful program, and to Visual Compassion for making it happen. This is a great addition to the array of social services NAM offers."



NAM NOTES

Northwest Assistance Ministries
15555 Kuykendahl
Houston, TX 77090

NAM Notes is the newsletter of Northwest Assistance Ministries. NAM Notes is published quarterly.

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Rebecca Landes	V.P. of Service Programs
Maria Magee	V.P. of Fund Development
Randy Boyer	Director of Operations
Tanecia Snid	Editor

www.namonline.org
 NAM is now on Facebook!
281-885-4555



Our MISSION

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

Our VISION STATEMENT

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.

Our VALUES

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.

Team NAM Training Program and Running Group to Start in August

Team NAM's program to prepare for the January 2012 Chevron Houston marathon and half marathon, as well as other similar races in nearby cities at about the same time will begin in August, for a seventh season. Team NAM's successes include:

- Walkers finishing a first half marathon.
- Non runners learning to run on a sustained basis to finish a first running race.
- Novice runners completing a first marathon or half marathon.
- Experienced marathoners improving personal record times by more than one hour.
- Seasoned runners qualifying and running the Boston Marathon.

Team NAM also provides technical guidance and a fueling regiment for endurance endeavors beyond 26 miles, such as R2R2R. This year, Team NAM has raised over \$15,000 for NAM. Please visit www.MarathonTeamNAM.org or email MarathonTeamNAM@gmail.com for more information.



Team NAM Captain Andy Chow runs in the 2011 Chevron Houston Marathon.

An Evening with Jeannette Walls



Jeannette Walls

Save the Date of May 3, 2011 for NAM's annual Endowment Fund Dinner. The event will be held at the Woodlands Waterway Marriott. Tickets start at \$150.

This year's speaker is best-selling author Jeannette Walls. Critics have called Jeannette Walls' memoir, *The Glass Castle*, "spectacular," "extraordinary," "incredible," and "riveting." It has been a *New York Times* best-seller for more than three years, has sold more than two million copies, been translated into 16 languages, and is being made into a movie by Paramount. It was named one of the "Top 10 Books of the Decade" by Amazon, and has won numerous awards including the Christopher Award, the American Library Association's Alex Award, and the Books for Better Living Award.

In *The Glass Castle*, Walls describes growing up in the desert of the American Southwest and then in a West Virginia mining town with her three siblings and the brilliant, unorthodox, irresponsible parents who manage at once to neglect them, love them, and teach them to face their fears. The story is at times harrowing and at times hilarious as the children go without food and indoor plumbing yet are encouraged to read Shakespeare and dream of the beautiful glass house they will all one day build. Despite all her hardships, Walls develops the determination to leave West Virginia on her own at the age of sixteen, move to New York City, enroll in Barnard College and eventually become a well-known columnist for *New York* magazine, *MSNBC.com* and a television personality.



Larson Manufacturing made a \$6,780 donation to NAM on December 15. Half of this donation was made by company employees, and was matched by the company foundation. From left to right: David Hlavenka, Maria Magee from NAM, and Mark Popowski.

Funding ou

For information, contact Maria Magee at 281-885-4605 or at mmagee@namonline.org.

Holiday Angel-Teen Volunteer Amber Bamsch



Amber Bamsch

Magnolia West High School freshman Amber Bamsch has grown up hearing about NAM through her church, St. Timothy's Lutheran. It has always been second nature to her to volunteer at NAM. One Sunday, her pastor gave a sermon about giving back and she decided to do something to help children in need. The timing was providential, as her mother had just seen a magazine article about Project Night Night. The mission of this project is to provide free "Night Night Bags" to children who need essential items to feel secure, cozy, ready to learn, and significant. Each bag contains a security blanket, a book, and a stuffed animal. Amber thought the bags would be comforting to abused children served by NAM's Family Violence Center.

Amber felt so strongly about the project that she asked her friends to help her fill the bags, instead of giving her Christmas gifts. The teens all pitched in and collected twenty-one bags! Amber is modest about her sacrifice: "I feel that I have been blessed with everything I need, but some kids have nothing and that breaks my heart."

NAM is not Amber's only volunteer venture. She teaches Bible School in the summer and helps with music for Sunday School. The committed teen also helps out at the CareNet Pregnancy Center.

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Joanne & Mike Watford to be honored at 2011 Jeans & Jewels Gala

NAM is excited to announce that Joanne and Mike Watford will be the honorees for its 2011 Jeans & Jewels Gala, to be held October 22 at the Woodlands Waterway Marriott. The Watfords have been NAM benefactors for over a dozen years. Their interest in NAM began when Joanne saw a plea for volunteers in her church bulletin. She attended a volunteer orientation and chose to donate her time as a counselor in the Assistance program.

Since her first introduction to NAM, Joanne has also served in the Food Pantry, the Fifty Plus Senior Center, the Back to School project, Meals on Wheels, the relief effort after Hurricanes Katrina and Rita, and the annual Shot Blitz. She has also worked on the Jeans and Jewels committee, including the decorations, wrap-up party, and underwriting committees.

Mike is CEO of Ultra Petroleum, a major corporate donor to NAM. Ultra Petroleum has been a Jeans & Jewels Platinum Partner for the past several years. Mike co-chaired the Jeans & Jewels underwriting committee with Joanne in 2007, and has also volunteered in Meals on Wheels.

The couple expresses their feelings at having been chosen as this year's honorees: "We are very surprised and touched that we were selected out of the many people who serve NAM to be this

year's honorees. We enthusiastically support NAM's goal of Neighbors helping Neighbors and the efforts to make a difference in the lives of those sharing the Northwest community."



Joanne and Mike Watford

NAM President & CEO Carole Little says, "The Watfords are long-time NAM supporters who give generously of their time and treasure to help Neighbors in Need, and Ultra Petroleum is an outstanding example of a good corporate citizen. They are truly worthy honorees."

The Watfords know first-hand the importance of the gala to NAM and invite everyone to participate: "As the major annual fundraiser for NAM, Jeans & Jewels

takes on an importance that is magnified in today's more uncertain economic times. With the needs of the community larger, but with funding sources more limited, the success of Jeans & Jewels is key to the services NAM can provide to the Northwest community. We invite all those who can to participate generously and often in Jeans and Jewels!"

More details about the 2011 Jeans & Jewels gala will be forthcoming. For additional information, call 281-885-4605.

A Season of Giving!



TWSCO, Inc and the Chenoweth Family made a \$10,000 donation to NAM for Christmas. Pictured, from left to right: Carrie Halliday, Dave Cunningham, Ginger Becker, Lee Chenoweth, Kim Rushlow, Scott Chenoweth, Robert Smith, Maria Magee from NAM, Connie Browning, Kelly Ammons, Dan Chenoweth, Wes Morris, Keith Finke, Deborah Mathis, Sheila Lang, Tracey Kasperlain, James Kay, Kelley Craig, Elva Melillo, Blake Felton and Maura Collins.

A Heart for Service – The Agosto Family



The Agosto Family

Nichole and Benny Agosto, both former teachers, care deeply for their own four children, as well as for all children in their community – especially the underprivi-

leged. Both husband and wife come from modest backgrounds. Benny's parents left school after the sixth grade to work and his father served our country in World War II. Nichole's parents finished high school, but not college, and her father served in Vietnam. Both Nichole and Benny graduated college and worked as teachers for many years, until Nichole devoted her time to being a stay-at-home mom and Benny pursued a career in law. Benny is now a Partner with the downtown law firm of Abraham, Watkins, Nichols, Sorrels, Agosto & Friend.

The Agostos have always had a heart for community service and philanthropy.

Benny founded the Mexican-American Bar Association of Texas Foundation, which grants scholarships to minority law students. Nichole has been a Girl Scout troop leader for many years, and the whole family has volunteered for Habitat for Humanity. The couple was introduced to NAM several years ago through their congregation, Cypress Creek Christian Church. Benny had also heard good things about NAM through his service on the Board of the Houston Bar Association. They were attracted to NAM because of its faith-based origins, and Nichole arranged for her Girl Scout troop to conduct a food drive and to tour.

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NAM Brightens the Holidays for Neighbors in Need



The holiday season this year was challenging for many families. High unemployment left parents unable to provide a festive dinner or gifts. Thanks to community support, especially from NAM's congregations and business Community Partners, families were able to enjoy a proper holiday after all. NAM served 4,510 individuals through its annual Holiday Project, which provided holiday food and gifts to qualifying families. It took an army of volunteers to collect and then distribute these much-appreciated items.

Holiday Angel-Teen Volunteer

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Each summer, she travels abroad with the church youth group on a mission trip to help repair houses.

This well-rounded student plays the flute in the school band, and dreams of becoming either a teacher or a nurse. She is eager to involve other teens in volunteer work. "I feel like I am making a difference in the world. Giving back is so important! Most teens don't realize how much it means to people, even the small things." Amber's Christmas gift to the Family Violence Center was no small thing, but a significant gesture of comfort to frightened children. This young woman has a bright future ahead of her and is already making a difference in our community.

Community Events benefiting NAM

Mon., March 28- Sun., April 3 - Birdies for Charity. Each year, the Shell Houston Open and the Houston Golf Association sponsor the Birdies for Charity program and NAM is one of the beneficiaries. To participate, simply pledge one cent or more per birdie, or make a flat donation of \$20 or more. This will give you a chance to win a 2011 Toyota Camry. The car will be awarded to the person who comes closest to guessing the exact number of birdies made during the tournament. For information, please call 281-885-4582 or email lfrazier@namonline.org.

Sun., April 3 - Crop Walk. Twenty-five percent of funds raised at the walk benefit NAM, and the rest goes to international hunger relief. The 5K walk will begin at 1:30pm at The Woodlands Christian Church, 1202 N. Millbend. For more info, email awatsky@yahoo.com.

Sat., May 7 - Hosanna Lutheran Church annual garage sale at 16526 Ella from 8am-2:30pm. 50% of sales will benefit NAM. Items are needed for the sale. For info, contact Nickie at 281-288-6370.

Tues., April 19 - BYU Idaho Dance Alliance Performance. Dance Alliance from Brigham Young University- Idaho will perform at Spring High School on April 19 at 7:30 p.m. The program is sponsored by the school's Career Technology program and benefits NAM. Tickets are \$7 for adults and \$5 for students. The Dance Alliance repertoire includes ballet, ballroom, swing, tap, jazz, world and contemporary dance. For ticket info, call 281-257-2195.

Thanks to all groups that volunteered at NAM Resale from December - February!

Asian American Youth Association

Boy Scouts

Distinguished Gentlemen

Faithbridge UMC

Klein Oak Inter Connection Club

Northwoods Presbyterian

Resurrection Lutheran

ROTC

Trinity Lutheran

These groups are taken from the resale volunteer calendar. We apologize if any groups were inadvertently omitted.

Sidelines with Sarah

by: Assistance Counselor Sarah Fisk

A Day at NAM

Ever curious about how your donation dollars are spent? Ever wonder if your donations are regarded with thoughtful stewardship? We Tuesday volunteers at the Assistance Office meet for "report" at 9:30 to hear the latest concerns or newest guidelines for our interviews. There is both laughter and serious discussion because we are all volunteers and we are all opinionated (not just me!). At 10:00 the interviews begin. This particular morning a fellow interviewer had to deny help to 3 of his morning clients because they didn't meet NAM's criteria. The specific criteria for financial help is explained when they make an appointment. People make an appointment not believing "only one month behind in their rent" means just that, or they are unable to prove they can pay expenses the next month, or their need is chronic, not an emergency.

Last Tuesday morning my clients included a man who needed help with rent (NAM couldn't help because he owed two months rent, but we could help him get information for his security clearance so he could apply for jobs offshore as a Certified Rigger). Next I saw a woman who needed help with her water bill. (NAM helped, stopping a cut-off and a \$60 charge—her bill was less than \$60). During lunch at noon, we sat around a table laughing and talking (I know way too much about Dancing With The Stars) and then back to interviews from 1:00 to 3:00. My afternoon client recognized me from 20 years earlier. Yikes! I've volunteered at NAM a long time! She also needed help with her water bill. Because of the weather, her daughter did not work a full month in January leading to difficulty with their bills in February. Their water was scheduled to be disconnected that day. Again, NAM could stop the water cut-off. This particular client had been to NAM a total of three times in 20 years.

NAM cares about your donation dollars. Those dollars are used for emergency assistance, to help those who have a way to independence...I promise.

NAM's wish list

For the Organization

2 fireproof file cabinets for Human Resources (\$1,200 each)
Digital Voice Recorder for administration (\$100)
Frequent Flyer Miles

Development Department

DSLR camera with kit lens (\$700)
Corporate sponsor for newsletter (\$6,000) per quarter
Web site sponsor (\$600) per month

Assistance Program

Heavy duty shredder (\$350)
Fax machine (\$150)
5 locking file cabinets (\$150 each)

Building Maintenance

Caulking of exterior windows to eliminate leaks (\$40,000 or \$10,000 per side)
New Box Truck for IHN, Food Pantry and Resale Shops (\$50,000)
Upgraded security monitoring for NAM's Kuykendahl building (\$15,000)
Ceramic floor tile throughout building (to eliminate carpet repair, maintenance & replacement) (\$25,000)
Resurface NAM parking lot (\$7,500)
Renovate bathrooms on all four floors (\$15,000 per floor)
Interior atrium window cleaning using a mechanical lift to reach all 4 floors (\$2,500)
Heating System (\$80,000)

Business Office

Heavy duty paper shredder (\$2,000)

Children's Clinic

Pedialyte- five 32-bottle cases (\$55 each)
Youth Bike Helmets (\$40)
Car Seats and Booster Seats for Infant/toddler (\$85)
10 Blood Pressure Cuffs Pedi/X-Large Adult (\$45 each)
2 Portable Blood Pressure Machines (\$50 each)
Five 12-bottle cases of Alcohol (\$22 each)
Five 12-bottle cases of Hydrogen Peroxide (\$22 each)
Hearing Test Machine (\$1,000)

Interfaith Hospitality Network

Toiletries/hygiene items (15-20 items monthly/ \$150)
15 Pillows quarterly (\$75)
5 sets of towels quarterly—face, hand and large bath

towels (\$100)

Family Violence Center

Used cell phones for 911 access, no service required
Full-size toiletries (shampoo, deodorant, toothpaste, etc.)

Fifty Plus Senior Center

Senior Wheels volunteer drivers
Crafters and sewers for Helping Hands
Big screen TV (\$1,000)
Roll of batting for quilts (\$92)
Cotton material for quilt tops (pricing varies)

Food Pantry

Nonperishable Food Items, especially dry pasta, rice and dry beans (900+ families per month)
50 cases of water (\$200)
Industrial Scale (\$1,500)

Meals on Wheels

Volunteer Drivers for weekday meal deliveries
Volunteer Drivers for Saturday Frozen meal deliveries
Volunteers needed for office assistance, answering phones
1 electric stapler - 40 sheets (\$150)

Information Technology

Client Desktop software, purchased through TechSoup for best savings:
Updated Microsoft Office Professional 2010 - 50 licenses (\$1,550)
Server licensing for Microsoft Exchange server, updated to 2010: Exchange Server 2010 Standard, \$42.00, 50 user access licenses - (\$200)
Windows Server 2008 Standard, 3 licenses - (\$120)
UPS for Firewall and Router, (\$500)
Four hard drives for Virtual server, 4 - Western Digital WD1002FAEX Caviar Black Hard Drive - 1TB, - (\$340)

Rotary Learning Center

6' Adjustable Resin Training/Seminar Folding Table (ADA Compliant) (\$145)
6' Lightweight Plastic Folding Training Table (Fixed Height) (\$70)
Padded Conference or Stacking Chairs (\$29)
Shredder (\$45)
LCD Projector (\$400)
Adjustable Heavy-Duty Electric Pencil Sharpeners (\$46)
Wall-mounted Atomic Clocks or Digital clocks (\$20)

Corporate & Foundation Gifts (\$1,000 and above)

December - February (not Jeans & Jewels related)

Baylor Methodist Community Health Fund
CVS
ExxonMobil Foundation
The Hamill Foundation
Houston Endowment, Inc.
HP
Isla Carroll Turner Friendship Trust
Longhorn Rod & Custom Car Club
Lulu Bryan Rambaud Charitable Trust
The Lyons Foundation
Marek Family Foundation
The Methodist Hospital
Newfield Exploration Company
Robert W. & Pearl Wallis Knox Charitable Foundation
Spindletop Charities, Inc.
Target
The Waggoners Foundation
Wal-Mart

Spring Cleaning?

Donate your gently used furniture and household goods to NAM Resale!

We are in urgent need of furniture in sellable condition.

To arrange a pickup, call 281-885-4545.

USA and World Laminated Wall Mount Map Set (\$32)
EasyEnglish Times Newspaper (Newspaper written for Adult Learners) - Annual Subscription (\$13)
USA Today or Houston Chronicle Subscription (Reading Literacy Program) - Annual Subscription (\$195)
Mouse Pads (\$5)

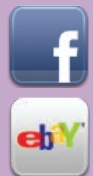
Resale Shops

Volunteers to help sort donations
Two 2-wheel dollies (\$150 each)
Four 4-wheel dollies (\$25 each)
4 rolling fiberglass containers (\$500 each)
Floor Cleaning/Waxing Service (\$1500 each)
6 Children's mannequins (\$85 each)
6 Men's mannequins (\$115 each)

12 Aisle Gondolas (8 feet with 8 shelves), new or gently used, plus shelving (\$400 each)
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The Agosto Family

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That initial tour touched Nichole's heart and she wanted to do more for NAM. She was especially drawn to the Children's Clinic because of her love for children. She had remodeled several of the family's homes and decided to put her expertise to good use. Nichole initially hired contractors to update the Clinic's waiting room, but the project soon grew to include all of the clinic. So far, the waiting room, hallways and exam rooms have all been painted in cheery hues of yellow, green and blue. The walls before were a stark white, and each exam room had a different wallpaper border. Sherwin Williams donated the paint and the Agostos hired the contractors. "Painter Carlos Mendoza and carpenter Jesus Majia worked for very reasonable rates and did very professional jobs," Nichole shares.

The family also furnished a new television for the waiting room, made built-in bookshelves for books and storage, and replaced missing floor and ceiling tiles. The Agostos also made a cash donation so the Clinic could purchase two major pieces of equipment – an audiometer for hearing tests, and a transcutaneous to test babies for jaundice.

By the end of March, the Agostos hope to replace the Clinic carpet, paint the Clinic offices, replace the mini-blinds in the exam rooms, install a new counter in the medical records room, and redo the lab and the bathroom. The contractors have been doing the work on Saturdays when the Clinic is closed. They even worked on the Saturday in February when Houston was hit by a winter ice storm.

The whole family is involved in the project, including the four Agosto children who range in age from a second grader to a college student. "Our parents instilled the importance of work and education in us," Benny explains, "and the importance of giving back. Nothing comes easy and we have been blessed. We have a duty to set a good example for our children and to instill in them a sense of duty."

Clinic Director Tuesday Coffman has been overwhelmed by this family's spirit of service. "Every time I see Nichole, I almost burst into tears to think she has such a giving heart. There is no limit to her generosity." Ms. Coffman also shares that the parents of the children who visit the Clinic are very excited at the Clinic's new look, and that the children happily touch the newly painted walls to express their admiration.

The Agosto family is giving the Clinic a much-needed makeover that is boosting the spirits of Clinic staff, parents and children alike. Nichole and Benny are modest about their contributions. Giving back is second nature to them. When asked why they chose to help NAM, out of all the many worthy charities in Houston, Benny says simply: "NAM is doing God's work."



Quilting Bee Coordinator Mentie Cochran, Alonda Scott of NAM and Marilyn Henricksen at the fifteenth annual Interfaith Quilting Bee. This annual event provides quilts for NAM clients, especially homeless families served by the Interfaith Hospitality Network.