



## NAM helps thousands have a hearty holiday

The harsh economic downturn of 2008, compounded by the devastation left by Hurricane Ike, left many Houston-area families without the resources to acquire basic necessities like food, much less gifts, for the holiday season. Thankfully, in the spirit of Neighbors Helping Neighbors, NAM supporters rallied together to combat hunger over the holidays by providing families in need with food and toys to lift dampened spirits during the season of giving.

For more than 20 years, NAM and its covenant congregations, as well as community supporters, have successfully met their goal of providing food to 1,800 families for the winter holidays. This past holiday season, NAM exceeded its goal and provided food to 2,053 families in need. In addition to food, NAM also provided age-appropriate holiday gifts to 3,351 children.

"The holiday projects at NAM are a wonderful way for the community to share their blessings with families experiencing tough times," said Carole Little, NAM President and CEO. "The food and toys allow struggling families to maintain a semblance of



NAM client Lillian (right) accepts a bag of holiday food from Karyn, a volunteer.

normalcy for their children even during stressful times."

The reasons that clients come to NAM for help over the holidays vary greatly. For some, they recently lost a job. Others are just having a difficult time making ends meet. For people like Tameika, a family emergency disrupted their normal lives:

"We weren't expecting to have to come

to NAM this Thanksgiving," said Tameika, "but I just unexpectedly lost my mom. She was helping us out, and after she passed away last week, we needed help. This really helps us out a lot."

Tameika said she wouldn't know where to turn for help for her and her three children, if it weren't for NAM.

*Continued on Page 5*

## Shop smart. Shop green. Shop resale.

Shoppers looking for great post-holiday sales can find them at NAM's three resale shops, which are excellent places to find gently used treasures for the entire family.

From clothing and accessories, to furniture and small appliances, NAM's resale shops offer bargains at a fraction of the cost of retail stores. Plus, shopping resale is not only budget friendly, it's

also environmentally friendly. Reusing previously owned items is an effective way to cut wasteful consumption.

Shoppers can visit NAM's newest resale shop at Jones Rd. and Fallbrook to find an assortment of items from basic necessities to boutique fashions at budget prices.

NAM's Corner Resale Shop, specializing in crafts and unique boutique items, is

located inside NAM's building at 15555 Kuykendahl.

The Resale and Distribution Shop, located at 3645 FM 1960, is NAM's largest store as well as the drop-off center for those wishing to donate items to the shops. Community members with large or bulk donations may also schedule a free donation pickup by calling 281-880-9482.



Carole Little

## What do you and Bill Gates have in common?

Why do some people seem to "have it ALL?" Each of us has 24 hours in a day and 168 hours each week. Are you spending your time wisely?

with our time. If you spend two hours each evening watching TV, you now have just 30 hours left. What could you have done with those precious hours? How much of your day and week is being spent on things that help you grow and make a difference: in your business, in your relationships, with your significant other or children, in knowledge, in fun, in health or in spirit?

at the mercy of e-mail, telephone and people who do not value your time. Think of the times you have been preparing for a vacation. Suddenly you get serious about your time. You become super productive. Do that every day and you will give Bill Gates a run for his money!

### A Scenario of your life in a week:

- If you sleep a healthy 8 hours a night, you have 112 hours left each week.
- If you take 30 minutes a day for breakfast and an hour each for lunch and dinner, you now have 94.5 hours left.
- If you drive 30 minutes to and from work, you now have 89.5 hours left.
- If you work 45 hours a week, you have 44.5 hours left in your week to take care of yourself, your family, your health and your spirit.

The problem is not the amount of time available. The problem is what we do

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"Each of us has 24 hours in a day and 168 hours each week. Are you spending your time wisely?"

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Who are you spending your time with? Are they people who are supportive and energizing, or do you feel drained at the end of your time with them? Are they people you are striving to emulate and who can bring out your best?

Allow yourself blocks of uninterrupted time to accomplish projects. Stop being

Time is the one commodity of which we each get a fixed amount. We do not even know exactly what that fixed amount is. It makes sense to use it with wisdom, joy, and for our own growth as well as for those around us. To Life!

CHALLENGE: Look at where you spend your time and evaluate if it is truly being well spent on what you consider priorities for your life. Make one change that will take back time from the mundane and help you grow where you believe it will truly count! Consider volunteering just four hours a week in the NAM Food Pantry.

*"You will never find time for anything. If you want time, you must make it."*

—Charles Roberts Buxton

Carole Little  
President & CEO  
Certified Professional Coach

### NAM Statement of Activities for the first month ended 10/31/08 (unaudited)

Total Support and Revenues .....\$1,026,619

#### Expenses

Program services ..... \$760,948

Management and General ..... \$67,434

Fundraising and Development ..... \$40,263

**Total Expenses .....\$868,645**

**Increase (Decrease) in Net Assets .....\$157,974**

NAM's fiscal year runs Oct. 1, 2008 to Sept. 30, 2009. In NAM's last fiscal year, 89 cents of every dollar went to direct services.

### NAM Programs and Services

Assistance Office ..... 281-583-5600

Children's Clinic ..... 281-885-4630

Development ..... 281-885-4605

Donations Hotline ..... 281-880-9482

Family Violence Center ..... 281-885-4673

Interfaith Hospitality

Network ..... 281-885-4567

Meals on Wheels ..... 281-885-4622

Rotary Learning Center ..... 281-885-4616

Senior Services ..... 281-885-4600

Shelter & Energy

Assistance ..... 281-885-4531

Workforce Development .....281-885-4506

NAM Resale Shop & Donation Centers

FM 1960 .....281-880-9000

Jones Road .....281-897-8952

Corner Resale Shop .....281-885-4544

#### Other agencies at NAM

Harris Co. Soc. Services .....281-885-4591

Harris Co. Hospital Dist .....281-587-8596

Even Start .....281-586-1888

Gulf Coast Community

Services .....281-397-0176



### NAM NOTES

**Northwest Assistance Ministries**  
**15555 Kuykendahl**  
**Houston, TX 77090**

NAM Notes is the newsletter of Northwest Assistance Ministries. NAM Notes is published periodically throughout the year.

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## NAM's youngest philanthropist

Six-year-old AbbySue Campbell is NAM's youngest philanthropist, and her flair for fundraising is a family trait. Her mother, Kristie Campbell, is a longtime Jeans & Jewels volunteer. Her grandparents, Susan and Art Byram, are NAM supporters and volunteers as well. In fact, the Byrams and the Campbells coordinate the Big Board auction at Jeans & Jewels each year and also drive Meals on Wheels.

When AbbySue turned one on July 5, her family threw a big birthday/Fourth of July barbeque to celebrate. They were amazed at the amount of gifts the baby received. "It looked like Toyland in the room," grandmother Susan Byram said. Feeling grateful for their bounty and also aware of the high cost of even basic baby supplies like diapers and formulas, the generous family decided to celebrate AbbySue's subsequent birthdays by collecting supplies for the babies served by NAM.

For the past five years, AbbySue's birthday party has raised money, clothing and supplies for the children and babies at NAM. "She knows where the stuff is

going," Byram shares. "She will clean out her toy box and say 'this is going to the babies'"

Carole Little, President & CEO of NAM, says; "Abby Sue's generosity, along with the contributions of her birthday guests, provides food for dozens of area families in need. She has seen the importance of volunteering and charitable giving, and we appreciate that she is willing to give back."

The annual party, which is now called "AbbySue's Birthday Bash for the Babies of NAM," is attended by about eighty people who bring items for NAM and also a gift for AbbySue. This year's bash raised more than \$1,700 and an SUV full of clothes and supplies.



*AbbySue Campbell and her grandmother, Susan Byram (right), present a donation check to NAM President and CEO Carole Little.*

"We just want to see the party grow bigger and bigger," Byram said. "Now that AbbySue is in school, we are hoping to get some of her friends involved with it. We hope it will spark an interest in other kids that they can do something also."

AbbySue is certainly an example that one is never too young to start giving back to the community.

## Take part in the 13th annual quilting bee for NAM

Area quilters are invited to participate in the 13th annual Interfaith Quilting Bee benefiting NAM on Saturday, Feb. 21 from 9 a.m.-1 p.m. at The Church of Jesus Christ of Latter-day Saints, 16535 Kleinwood Drive. The theme of this year's Bee is "Piece by Piece: Stitching Lives Back Together."

"The Quilting Bee is a coalition of volunteers dedicated to creating quilts for families in need," said Becky Black, Quilting Bee Chairman. The event is free and open to the public, and beginners as

well as experienced quilters are encouraged to attend.

Participants this year will donate the quilts to NAM programs including the Interfaith Hospitality Network (IHN) for families in transition from homelessness, Meals on Wheels, the Children's Clinic and the Family Violence Center.

Civic or religious organizations, businesses and individuals may participate by donating quilting supplies, volunteering to assist other quilters or sponsoring their own quilt.

"The Interfaith Quilting Bee is truly a symbol of the mission of Northwest Assistance Ministries, which strives to meet basic human needs through Neighbors Helping Neighbors," said Carole Little, NAM President & CEO. "The quilting bee goal is to create a heartfelt gift that provides warmth and security to the recipients."

A luncheon will follow the quilting bee. For information about the event or to register, call Becky Black at 832-717-0622. For information and photos of last year's event, visit <http://tc3.hccs.edu/publicservice1/>.



*Past Quilting Bee participants display their work.*

### Our MISSION

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

### 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 partnerships.

## Where there's a will, there's a way

As a NAM supporter, you know that charitable organizations need assistance from people like you to fulfill their missions. According to the National Council on Planned Giving, over 80 percent of Americans contribute to charitable causes throughout their lifetimes. But according to research conducted in 2000, only around eight percent con-

tinue this support through a charitable bequest.

By making a bequest or other "planned gift," you can continue to help NAM and leave a legacy for the next generation. Including NAM in your will may also have tax advantages. Depending on the current tax laws, leaving a gift to charity in your will may reduce the estate tax burden on your heirs. You should consult with a financial advisor or attorney to learn how giving may actually benefit your family after you're gone.

A charitable bequest is simply a distribution from your estate to a charitable organization through your last will and testament. There are different kinds of bequests. For each, you must use very specific language to indicate the precise

direction of your assets, and to successfully carry out your final wishes.

If you are interested in finding out more about how to include NAM in your will, please contact the Development Department at 281-885-4605.

Save the Date for the annual  
**Volunteer  
 Appreciation Luncheon**  
 Thursday, April 16  
 at the Kingdom Hall,  
 The Church of Jesus Christ  
 of Latter-day Saints, 16535 Kleinwood



Photo by Lauren Murphy

## Corned beef for a cause

Congregation Jewish Community North will host its second annual Corned Beef Lunch Fundraiser this spring.

Proceeds will benefit Congregation Jewish Community North and Northwest Assistance Ministries.

Plans are underway at Congregation Jewish Community North (CJCN) to repeat the huge success it enjoyed in 2008 with its initial Corned Beef Lunch Fundraiser.

Last year, CJCN sold more than 900 sandwiches, which resulted in sales of over \$10,000.

From these proceeds, the synagogue donated more than \$1,100 to Northwest Assistance Ministries. CJCN is a covenant congregation of Northwest Assistance Ministries.

Each lunch will contain ¼ lb. of kosher corned beef on seeded rye bread, a kosher dill pickle, chips, cookies and condiments. The cost is \$10.95 (\$5.00 tax deductible), and with every 10 orders, customers get one free. In addition to checks, credit cards can be accepted for 10 or more orders.

Maria Magee, V.P. of Fund Development at NAM, said, "I was delighted to try one of the corned beef sandwiches. It was very good, and the portions were very generous."

All sandwiches are pre-sold with order forms. Orders will be available for pick up at the synagogue on Sunday, March 22, from 1-3 p.m. and Monday, March 23, from 11 a.m.-1 p.m. CJCN is located at the corner of Klein Church Road and Fellowship Lane. Orders of 10 or more can be delivered free to buyers in selected areas in Northwest Houston and The Woodlands.

Advance orders are now being accepted. All checks must be made payable to CJCN and order forms must be received by February 16, 2009. Please mail your check and order form to: CJCN, 5400 Fellowship Lane, Spring, TX 77379. Mark envelope: Corned Beef Fundraiser. Order forms will be available on the Web site in January: [cornedbeef.cjcn.org](http://cornedbeef.cjcn.org).

CJCN is one of 10 congregations that helped found NAM more than 25 years ago.



Photo by Sun Brockie

Steve Natenberg, President of the synagogue, said, "The mission statement of the congregation is to enrich its members' lives through worship, education, celebration and community involvement in accordance with Reform Jewish values and traditions."

Adds Natenberg, "We know that NAM's mission is to strive to meet basic human needs through Neighbors Helping Neighbors. We are looking forward to helping fulfill both mission statements with the success of this delicious fundraiser."

Three levels of sponsorships with a variety of benefits for supporters are available. If you would like more information on how to become a sponsor, e-mail [cornedbeef@cjcn.org](mailto:cornedbeef@cjcn.org).

# Holiday food distribution events

*Continued from Page 1*

Many of the families who received aid from NAM shared her sentiments.

Food and gift donations for the Thanksgiving and Holiday Distributions came from all areas of the city.

“Providing food, gifts and holiday hope for our neighbors in need requires a lot of support,” said Lynn Mikhail, NAM Assistance Program Director. “It takes a big group of volunteers to do the Holiday Project effectively.”

Local churches, organizations and businesses held food and toy drives, individuals donated, and hundreds of volunteers gave selflessly of their time this holiday season to positively affect the lives of thousands of area families in need.



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**1)** Jiniyah checks out her new holiday food supplies as her mother, Ykeshia, holds her. **2)** Volunteer Dolores from Schultz Elementary prepares bags of toys for children in a room overflowing with community-donated gifts. **3)** Volunteer Mathew plays Santa as he carries bags of toys to Patricia's car. Patricia's son Jesse (center) will be the recipient of some of the toys. **4)** Volunteer Melissa (right) hands Shamanda a bag of food for Thanksgiving. **5)** Tenika (center) stands with children Matthew, Johnathan, Takaira, Tommy and Clarence, and volunteer Ruth before taking home her Thanksgiving dinner supplies. **6)** Tameika rests outside NAM with her children, Jayvione, Jaylene, and Neiceyah after the Thanksgiving Food Distribution. **7)** Families wait in line at the food pantry for holiday meal supplies.

## Corporate spotlight

### Hewlett Packard

Hewlett Packard held an online employee auction in November and raised \$17,725 to benefit NAM. Nearly 400 employees participated in the auction, which included 295 items that the company solicited from area businesses.

NAM's Information Technology department was given the funds to purchase HP items from an "employee pricing" catalog. Because of the reduced pricing in the catalog, the actual dollar value of the items given to NAM by HP was two to three times the \$17,725 donation.

In addition to their equipment donation, HP also contributes to NAM through several company groups and individuals who regularly volunteer at the organization.



From left: NAM Corporate Liaison Julie Anderson-Smith and V.P. of Fund Development Maria Magee accept a large technology gift from Hewlett Packard employees Bill Shields, Judy Hollins-Garcia, Wendy Pampell, and Lorry Hoppens.

### Discount Tire

Discount Tire's Driven to Care Program graciously donated a total of \$25,000 in 2008 to assist NAM in its service to the community. The company chose to donate to NAM because of the increased needs of citizens after Hurricane Ike.

Carole Little, NAM President and CEO, said the donation from Discount Tire came at just the right time.

"In the days following Ike, NAM continued to provide basic services even without power for two weeks," said Little. "Staff and volunteers provided basic assistance and referrals, delivered Meals on Wheels, and set up a triage area for Children's Clinic patients. The Discount Tire donation helped NAM meet the pressing needs caused by the storm in our community."



NAM Assistance Program Director Lynn Mikhail (center left) thanks members of Discount Tire's Driven To Care Program for their contribution. Far left: Pam Willis; Center right: Kathy Allen; Far right: Darlene Wheelless.

### Payless ShoeSource

NAM participated in the 2008 Payless Gives Shoes 4 Kids Program, the first-ever national, grass roots campaign to deliver \$1 million in free shoes to children of families in need. Through the program, 200 Houston-area children received \$15 vouchers to be used for, or toward, a pair of new shoes at Payless ShoeSource stores throughout the community.

11-year-old Marcelius was one of the program's recipients.

"I like my new shoes," he said. "I picked these ones because of the skeletons on the side."



Marcelius proudly displays his new shoes, which were donated by Payless ShoeSource.

## Sidelines with Sarah

By Sarah Fisk  
Volunteer Assistance Counselor

At lunch a few months ago my son commented to me that NAM should stop giving out help and start teaching its clients how to help themselves. I was shocked that he did not know that NAM serves those in an emergency, not in a habit. If my son is confused and critical about how NAM works, I worry that others are too. So let me try to clear up any confusion about what NAM does and doesn't do.

It's January and we have all just finished the getting-ready-for-the-holiday-hustle. NAM just finished that "hustle" as well, giving away Christmas toys and holiday dinners to our clients. But the parents who came into NAM for toys and food had to qualify. They had to go through the same interview as any NAM client. They were required to show their monthly income, explain their monthly expenses, prove that their children live with them, etc. And as with all interviews, we assistance volunteers gave suggestions to our clients that could ease their problems, such as where to apply for food stamps, how to get help with an overdue electric bill, what budget items could be reduced or dropped to ease money woes. And now, we expect our clients to act on those suggestions. We will follow up on their problems and possible solutions the next time those clients need NAM's help.

My son now has a better idea about what NAM does and doesn't do. He now knows that NAM gives a helping hand, not a hand out.

### New Volunteer Orientation Hours

Please note that the New Volunteer Orientations will now be held

**the first Wednesday  
and the third Thursday  
of each month at 10 a.m.**

For more information, e-mail [fullerton@namonline.org](mailto:fullerton@namonline.org), call 281-885-4609 or visit [www.namonline.org](http://www.namonline.org)

# NAM's wish list

Donations of cash or in-kind donations welcome.

## For the Organization

Payment for development of a phenomenal new client database software to help volunteers and staff (\$14,000)  
Used or refurbished forklift (\$15,000)

## Development Department

DSLR camera with kit lens (\$700)  
Adobe Creative Suite 3 Software Design Standard (\$400)  
Corporate sponsor for Annual Report (\$10,000)  
DVD Player (\$50)

## Assistance Program

New chairs for the waiting area (\$50 each)

## Building Maintenance

Walk Behind Automatic Floor Scrubber—28-inch (\$7,000)  
100 stacking chairs (\$3,500)  
Upgraded security monitoring (\$15,000)  
New Box Truck for IHN, Food Pantry and Resale Shops (\$50,000)  
New tile (\$25,000)  
Clean and seal four air handlers (\$30,000)  
Replace window gasket system on entire building (\$1,000,000)

## Business Office

Heavy duty paper shredder (\$2,000)

## Children's Clinic

Baby wipes (\$250)  
Shelving for medical records (\$750)  
Antibiotic ointment (\$300)  
Syringes for Shot Blitz (\$250)  
Tylenol, antibiotic ointment and misc. small clinic drugs (\$100)  
Bicycle Helmets (50 @ \$20 each)  
Breathing treatment medication (\$100-\$300 each month)  
Moving file cabinets in Clinic file room so it can be recarpeted (\$1,200)

## Corporate & Foundation cash gifts

ALG Admiral, Inc.  
Bentley Bratcher & Associates, P.C.  
CenterPoint Energy  
Citation Oil & Gas Corp  
Discount Tire  
Edwards Charitable Foundation  
Eklektik Interiors  
The Frees Foundation  
The Jackson Foundation  
Kanaly Trust Company  
KB Homes, Inc  
Memorial Hermann Healthcare System  
The Methodist Hospital

Bilingual volunteers

## Interfaith Hospitality Network

Toiletries/hygiene items (15-20 items monthly/ \$150)  
Baby clothes/bottles/blankets/wipes/bath tubs (\$200)  
2 new large capacity washing machines (\$700)  
2 new large capacity dryers (\$700)  
15 Pillows quarterly (\$75)  
5 sets of towels quarterly—face, hand and large bath towels (\$100)  
Computer for families (\$500)  
Printer for families (\$300)  
2 Bassinets (\$200)

## Family Violence Center

Construction to divide group room  
4 5-drawer metal filing cabinets (\$200)  
Lighting added to hallway  
Photo printer with color photo viewer and SD memory card reader (\$250)  
Used cell phones for 911 access, no service required  
Full-size toiletries (shampoo, deodorant, toothpaste, etc.)  
IBM Selectric typewriter (\$400)  
"Don't Pop Your Cork" book series by Adolph Moser (\$100)  
Miniature castle with princess and prince (\$30)

## Fifty Plus Senior Center

Back-up bus driver and driver for trips  
Senior Wheels volunteer drivers  
Ride-along volunteers to assist drivers on Wednesdays and Fridays  
Dart baseball board (\$400)  
Crafters and sewers for Helping Hands

## Food Pantry

Nonperishable Food Items, especially dry pasta, rice and dry beans (900+ families per month)

## Meals on Wheels

Coolers—28 or 32 size (25 @ \$17 each)  
Volunteer drivers  
2 Digital cameras (\$150 each)  
Locking filing cabinet (\$500)  
4 collapsible wheel carts (\$80)

## Information Technology

VOIP Telephone system—NAM (\$80,000)  
Telephone system—FM 1960 Resale Shop (\$6,000)  
Point of Sale System for Resale Shops (\$6,500)

## Rotary Learning Center/ Workforce Development

1 32-inch color TV w/DVD player (\$800)  
Adobe Instructional Design Software (\$800)

Rosetta Stone licenses (\$200 each)  
Teacher/assistant for Introduction to Computers class (weekly commitment)  
English as a Second Language instructor

## Resale Shops

Copy machine (\$600)  
Two 2-wheel dollies (\$150 each)  
Four 4-wheel dollies (\$25 each)

## Shelter & Energy Assistance

Battery-operated doorbell or buzzer for office (\$50)  
TV/DVD player to show training videos to clients (\$500)  
Electric stapler—40 sheets (\$150)  
Electric hole punch—30 sheets (\$130)  
Four file cabinets with 4 or 5 letter-size drawers with locks (\$125 each)

## Giving Back



Students at Bammell Middle School raised \$1,080 to benefit Hurricane Ike victims through NAM. Nearly all of their donations were collected through a penny drive.



Students at Northland Christian School collected a total of almost 1,700 pounds of food and enough money to purchase 20 Thanksgiving turkeys for NAM's Thanksgiving Food Distribution.

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# ART *for the Hungry*



## Enter the Happiest Place on Earth at this year's Art for the Hungry

**Calling all food architects: Take part in creating a fairytale world this spring at NAM's 2009 Art for the Hungry.** This year's event will turn Willowbrook Mall into a page right out of a storybook, as builders enter "Disney's World of Caring" and create Disney character sculptures.

Art for the Hungry is a food sculpture competition where local community groups are challenged to create a themed structure using a minimum of 1,000 non-perishable food items.

"Art for the Hungry is a great event!" said Maria Magee, Vice President of Fund Development at NAM. "It's fun to see people's creativity as they design

and build 'construction' sculptures from food items. Sometimes, groups want to participate, but are intimidated by the idea of the sculpture. Once they start, though, they realize that it's easier than it looks and a wonderful group project."

Sculpture building night will be Sunday, March 22 at Willowbrook Mall. The edible artwork will be on display through April 5, and community members are encouraged to vote via monetary donation for their favorite sculpture. Groups are divided into three categories: School groups, Community Organizations/Businesses and Churches.

On April 5, winners will be selected

from each group to receive trophies for the People's Choice Award (based on donations received) and the Judges' Golden Can Award.

The event kicks off NAM's Survival Over the Summer (SOS) food drive effort to help feed hungry children during the summer months when they are not in school. Art for the Hungry is important in ensuring many area children have meals throughout the summer.

Registration packets are available now. To register your group, or for more information on Art for the Hungry and SOS, contact Tanecia Snid at 281-885-4608 or [tsnid@namonline.org](mailto:tsnid@namonline.org).