



**PLEASE
BE THERE**
**For Those Who
Need Your Support!**

**A GUIDE to Charities YOU Can Support
Through the Combined Federal Campaign.***

INSIDE: Give through the CFC?

CharityChoices.com

Charitable Choices 2015 DC Guide

*If you cannot give through the CFC, you can support these charities directly

PLEASE BE THERE

for Those Who Need Your Support!



“I’ve always helped other people.
Now other people are helping me.”

—single mother who lost her home in a hurricane

This woman reminds us of one reason to support those who need our help: we are all just one storm, one layoff, one sick child away from needing help ourselves.

By giving, we’re not only directly helping people who need our help, we’re also helping build a better, more supportive world for all of us.

they are often trying new approaches or working on new challenges.

- **Through the CFC, hundreds of these smaller, less well-known charities get crucial support.**

Yes, you can give to most charities online. But when you look for charities online, it is a lot easier to find the well-known charities than the ones whose name you may not know but whose work is exactly what you want to support.

And unlike giving to charities online, by giving through the CFC, you know each charity has met 10 accountability standards, such as having an audit.

- **Plus the CFC allows you to give in a way that really makes a difference for all charities.**

You do this by having a little of your gift deducted from each paycheck. This gives charities a steady stream of support through the year, which allows them to plan and do more.

This also allows you to give more: a deduction of just \$5 a week – one fancy coffee – adds up to a gift of \$260 a year.

Giving just \$5 a week – one fancy coffee – adds up to an annual gift of \$260.

IT'S YOUR CHOICE!

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Why Give through the CFC?

- **The CFC allows you to decide whom to help.**

The CFC allows you to give to a very broad range of charities. You can choose to help the refugees streaming into Europe, the homeless still on our streets, abused animals, girls denied education, people struggling with dreaded diseases.

- **The CFC also allows you to decide how to make a difference.**

You can support the better known charities that are helping many people. Or you can support—and *find out about*—much smaller, often newer charities.

These are the kinds of charities many would like to support...if they knew about their work. They are often led by deeply motivated staff and volunteers;

Why This Guide?

This guide tells you about the work of a broad range of CFC charities. Each has met the CFC’s 10 accountability standards. You can learn more about each charity by going to **CharityChoices.com**.

Whichever charities you choose, **Please be there for those who need your support. Thank you.**

WHY SHOULD I SUPPORT YOUR CHARITY'S WORK? – SEE PAGE 9.

This is the charity's United Way number. If you give at work through United Way, use this number. You can give through United Way to every charity in this guide (see page 16).

Coalition for the Homeless, Inc. (DC)
1234 Mass. Ave. NW, #C-1015, Wash., DC 20005

The Coalition provides transitional and permanent housing, employment placement assistance, substance abuse counseling and supportive social services to individuals and families who are homeless or vulnerable. 8% (#83436)

(UW #8194) DCCFH.org

This is the amount the charity spends on fund raising and administration.

This is the charity's "CFC" number. Federal and military employees use it to give to the charity through the CFC.

This is not an official CFC publication. It does not include all CFC charities.

ADOPTION

Adoptable Children (North American Council)

970 Raymond Ave., Suite 106
St. Paul, MN 55114

More than 101,000 foster children need adoptive families. Your donation helps us find loving parents for these children, support adoptive families and raise adoption awareness. 14.7% (#11805) NACAC.org

ACCOUNTABLE GOVERNMENT

Government Accountability Project

1612 K St. NW, Suite 1100, Washington, DC 20006

Defends corporate and federal government whistleblowers, substantiates their concerns and brings to national attention problems related to public health, food safety, national security and human rights, banking and the environment. 19.2% (#11519) WhistleBlower.org

AGING

Hebrew Home of Greater Washington

6121 Montrose Rd., Rockville, MD 20852

Respectful nursing home care, compassionate dementia care and highly successful post-acute services. New ElderSAFE center safeguards seniors from abuse. Many senior living options, open to all. 17% (#49705) (UW #8111) Hebrew-Home.org

Jewish Council for the Aging of Greater Washington (JCA)

12320 Parklawn Dr., Rockville, MD 20852

Helping over 30,000 local elders of all faiths to thrive through award-winning programs that include adult day services, transportation, employment, technology training, information, outreach and diverse intergenerational services. 17.7% (#52847) (UW #8127) AccessJCA.org

Learn more about the work of each of these charities: [Charity Choices.com](http://CharityChoices.com).



ANIMAL/WILDLIFE PROTECTION

Alley Cat Allies

7920 Norfolk Ave., Suite 600, Bethesda, MD 20814

Alley Cat Allies is the only national organization dedicated to protecting and improving cats' lives. Help us transform the way our society and shelter system cares for cats! 17.4% (#10964) AlleyCat.org

Days End Farm Horse Rescue, Inc.

1372 Woodbine Rd., PO Box 309, Lisbon, MD 21765

Emaciated, infested with parasites, jagged teeth, ulcers, painfully overgrown hooves... Horses arrive at DEFHR critically ill and near death. With your support, horses are rehabilitated and adopted. Daily Tours 9am-4pm. 16.4% (#11897) DEFHR.org

Defenders of Wildlife

1130 17th St. NW, Washington, DC 20036

Working since 1947 to save America's endangered animals and their threatened habitat for future generations through public education, citizen advocacy, legal action and scientific research. 11.2% (#10624) Defenders.org

Friends of Homeless Animals

PO Box 415, Aldie, VA 20105

FOHA is a no-kill animal shelter located in Northern Virginia—dedicated to caring for abandoned and abused dogs and cats while they wait for their permanent, loving homes. 7.4% (#83554) (UW #9822) FOHA.org

PETS-Washington DC (PETS-DC)

PO Box 75125, Washington, DC 20013

PETS-DC assists people with HIV/AIDS and other disabling conditions in caring for their pets (public health education, pet food, supplies and veterinary care) in the metropolitan area. 11.1% (#15572) (UW #8456) PetsDC.org

MORE CHOICES!



ARTS

WETA

3939 Campbell Ave., Arlington, VA 22206

Local, not-for-profit public broadcasting station, WETA serves the Greater Washington community, producing and broadcasting radio and television programs of intellectual integrity and cultural merit that inspire,

enlighten and entertain.

16.5% (#99581) WETA.org

CHILDREN

A Child's Hope Fund

2588-F El Camino Real PMB 313
Carlsbad, CA 92008

Fight cancer and other debilitating health conditions in children by supporting ACHF's medical and food programs for children and families worldwide endangered by disease, poverty and exploitation in developing countries. 0.3% (#10978) AChildsHopeFund.org

Birth Defect Research for Children, Inc.

976 Lake Baldwin Lane, Suite 404
Orlando, FL 32814

Because every birth defect has a cause, we sponsor the National Birth Defect Registry and Healthy Baby Resource. Families of children with birth defects receive information, support and parent networking. 9.1% (#10374) BirthDefects.org



CHILDREN (cont.)

Children's Food Fund/ World Emergency Relief

425 W. Allen Ave., #111, San Dimas, CA 91773

For 30 years, we have delivered food to hungry children, provided medical care for the sick, supplied relief goods to disaster victims and given hope to millions living in poverty. 2.2% (#10984) [CFF-WER.org](#)

Children's Fund

PO Box 7936, McLean, VA 22106

We care for orphans and vulnerable children by providing food and clothing, enabling them to attend school. We support grassroots leaders who rescue children from abuse and exploitation. BobLicitra@ChildrensFund.net
4.4% (#12195) [ChildrensFund.net](#)

Children's Inn at NIH

7 West Dr., Bethesda, MD 20814

The Inn provides "A Place Like Home" in a healing environment for seriously ill children and families to stay together while participating in groundbreaking medical treatment at NIH.
14.5% (#10324) [ChildrensInn.org](#)

Bless the Children, Inc.

411 Cleveland St., #19, Clearwater, FL 33755

Serving orphaned, abandoned and desperate children internationally for 25 years. Your donation provides food, healthcare, shelter and education to save and improve the lives of children who have no one else to help them.
1.2% (#10016) [BlessTheChildrenInc.org](#)

Children International

2000 E. Red Bridge Rd., Kansas City, MO 64131

Your support makes a life-changing difference to children living in poverty. Children International delivers comprehensive programs focused on health, education, empowerment and job readiness for children and youth around the world. 17% (#12078) [Children.org](#)

Every charity in this guide has met the Combined Federal Campaign's 10 Accountability Standards.

Food for the Hungry, Inc.

1224 E. Washington St.
Phoenix, AZ 85034

A Christian international relief and development organization walking with the poor and disadvantaged to bring an end to physical and spiritual hungers around the world.
18.5% (#11732) [FH.org](#)

Make-A-Wish Foundation® of America

4742 N. 24th St., Suite 400
Phoenix, AZ 85016

Make-A-Wish® grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. 23.9% (#11375) [Wish.org](#)

CONSERVATION

National Park Foundation

1110 Vermont Ave. NW, Suite 200
Washington, DC 20005

The National Park Foundation, in partnership with the National Park Service, enriches America's national parks and programs through private support, safeguarding our heritage and inspiring generations of national park enthusiasts.
21.8% (#11252) [NationalParks.org](#)

National Wildlife Federation

11100 Wildlife Center Dr., Reston, VA 20190

America's conservation organization, protecting wildlife for our children's future by restoring wildlife habitat, protecting national waters and connecting people with nature through education programs and publications, including Ranger Rick Magazine. 19.9% (#10622) [NWF.org](#)

DISABILITIES

American Academy for Cerebral Palsy and Developmental Medicine

555 E. Wells St., Suite 1100,
Milwaukee, WI 53202

Leading the way to optimal quality of life for individuals with cerebral palsy and other developmental disabilities through professional education, research and advocacy. Our values are family-centered, collaboration and innovation.
17% (#10581) [AACPDM.org](#)



Paralyzed Veterans of America Spinal Cord Research Foundation

801 18th St. NW, Washington, DC 20006

Funds research to restore function and improve the quality of life for veterans and all others paralyzed by spinal cord injury or disease. 0.2% (#12096) [PVAresearch.org](#)

DISASTER RELIEF

All Hands Volunteers

6 County Rd., Suite 6, Mattapoisett, MA 02739

A U.S.-based nonprofit providing hands-on assistance to disaster-affected communities worldwide. We provide immediate support to communities by harnessing the energy of dedicated volunteers. 11.4% (#18421) [Hands.org](#)

DOMESTIC VIOLENCE

House of Ruth

5 Thomas Circle NW, Washington, DC 20005

Annually provides housing and recovery services to more than 1,000 women and children who are survivors of domestic violence in Washington, DC, and outreach to 17,000 households. Founded in 1976. 14.5% (#83599) [HouseofRuth.org](#)

House of Ruth Maryland, Inc.

2201 Argonne Dr., Baltimore, MD 21218

HRM leads the fight to end violence against women and children. Serves over 15,000 annually through emergency shelter, transitional housing, counseling, legal, teen education and outreach services. 24-Hour Hotline 410-889-RUTH (7884). 14.5% (#75849) (UW #9416) [HRUTH.org](#)

MORE CHOICES!



EDUCATION

Tuskegee Airmen Scholarship Foundation

1816 S. Figueroa St., Suite 418
Los Angeles, CA 90015

We help keep alive the legacy of the Tuskegee Airmen—who helped integrate the military and our country—by granting scholarships to 40 financially disadvantaged and deserving high school seniors every year. 23.5% (#47202) taisf.org

ENVIRONMENTAL PROTECTION

Chesapeake Bay Foundation

6 Herndon Ave., Philip Merrill Environmental Center
Annapolis, MD 21403

Save the Bay! We're committed to reducing pollution, improving fisheries, protecting and restoring natural resources and building an environmental ethic in the Chesapeake Bay watershed. 14.9% (#11325) CBF.org

National Parks Conservation Association

777 6th St. NW, Suite 700, Washington, DC 20001

Voice of the American people in the struggle to protect wildlife, majestic scenery, history and culture in parks from Yellowstone to Gettysburg. Fights air and water pollution, overdevelopment and noise. 24% (#12069) NPCA.org



FAITH-BASED SERVICES

Catholics for the Poor and Needy Worldwide

6930 Carroll Ave., Suite 820
Takoma Park, MD 20912

Where faith and service meet! We support full-time Christian volunteers and mission programs responding to the challenges of communities and individuals in need across the globe. 5.3% (#10174)

CatholicVolunteerNetwork.org

Wycliffe Bible Translators

PO Box 628200, Orlando, FL 32862

Millions of people are without Scripture in their language. Wycliffe translates the Bible into minority languages and teaches literacy classes that provide direct access to its life-changing message. 19.8% (#11737)

Wycliffe.org

HEALTH

A Child's Hope Fund

2588-F El Camino Real PMB 313,
Carlsbad, CA 92008

Fight cancer and other debilitating health conditions in children by supporting ACHF's medical and food programs for children and families worldwide endangered by disease, poverty and exploitation in developing countries. 0.3% (#10978)

AChildsHopeFund.org

American Kidney Fund

11921 Rockville Pike, Suite 300
Rockville, MD 20852

The nation's leading source of charitable assistance to dialysis patients in need, we help people fight kidney disease and live healthier lives. Last year we provided direct financial assistance to 84,000 people. 2.4% (#11404) KidneyFund.org

Arlington Free Clinic

2921 11th St. South, Arlington, VA 22204

Arlington Free Clinic provides free, high quality medical care to low-income uninsured Arlington County adults through the generosity of donors and volunteers. 22.1% (#86926) (UW #8247)

ArlingtonFreeClinic.org

Cancer Aid and Research Fund

20280 N. 59th Ave., Suite 115-709
Glendale, AZ 85308

Awards scientific research grants, provides medical supplies and equipment to medical clinics and hospitals worldwide. Provides funds for cancer support groups for patients, children and families. Curing begins with caring. 1.5% (#10617)

CancerAidResearch.org



Diabetes Research Institute Foundation

200 S. Park Rd., Suite 100, Hollywood, FL 33021

A recognized world leader, the DRI is committed to curing children and adults living with diabetes and leads the world in bringing promising treatments to patients as quickly as possible. 23.8% (#11149)

DiabetesResearch.org

Hepatitis Foundation International

8121 Georgia Ave, Suite 350
Silver Spring, MD 20910

The Hepatitis Foundation International reaches more than 5 million people annually to reduce preventable liver disease, link patients to care, educate providers, and promote research. 9.9% (#11842) HepatitisFoundation.org

National Breast Cancer Foundation, Inc.

2600 Network Blvd., Suite 300, Frisco, TX 75034

Helping women now. Providing help and inspiring hope to those affected by breast cancer through early detection, education and support services. 18.9% (#10072)

NationalBreastCancer.org

HOMELESS

Christ House

1717 Columbia Rd. NW, Washington, DC 20009

Comprehensive health care for sick, homeless men and women and assistance in addressing critical issues to break the cycle of homelessness: 24-hour medical care, food services, addictions treatment and housing placement. 18.5% (#34256) (UW #8385) ChristHouse.org

Coalition for the Homeless, Inc. (DC)

1234 Massachusetts Ave. NW, Suite C-1015
Washington, DC 20005

The Coalition for the Homeless provides transitional and permanent housing, employment placement assistance, substance abuse counseling and supportive social services to individuals and families who are homeless or vulnerable. 8% (#83436) (UW #8194) DCCFH.org

Mary House

4303 13th St. NE, Washington, DC 20017

Volunteer organization working directly with homeless and refugee families. Managing eight houses and 40 apartments for over 50 families. Providing shelter, transitional and long-term supportive housing, food, clothing and furniture. 3.7% (#33368) MaryHouse.org



SOME – So Others Might Eat

71 O St. NW, Washington, DC 20001

SOME restores hope and dignity to the homeless through comprehensive services, including meals (1,000 served daily), medical care, addiction treatment, job training and 650+ units of permanent affordable housing. 202-797-8806. 5.7% (#74405) (UW #8189) SOME.org

HOSPICE

Capital Caring

2900 Telear Ct., Falls Church, VA 22042

Provides expert medical, emotional, spiritual and practical care for people living with serious advanced illness, regardless of ability to pay, as well as support for their loved ones. Serves N.Va/DC/MD. 9.3% (#39664) CapitalCaring.org

Montgomery Hospice

1355 Piccard Dr., Suite 100, Rockville, MD 20850

Compassionate end-of-life medical, emotional and spiritual care provided in homes, facilities and at Casey House. Specialized pediatric hospice program. Grief support and education for the community without charge. 14.4% (#85936) MontgomeryHospice.org

HUNGER

Capital Area Food Bank

4900 Puerto Rico Ave. NE
Washington, DC 20017

The CAFB is the region's largest hunger relief organization and this year distributed 42 million pounds of food—a third of which was fresh produce—through its network of 469 food assistance partners. 7.7% (#30794) (UW #8052) CapitalAreaFoodBank.org

Farmers and Hunters Feeding the Hungry

PO Box 323, Williamsport, MD 21795

Help put meat on the table for hungry children and families! We pay the butchering fees for donated deer and livestock providing an innovative solution to America's hunger problem. 10.6% (#10308) FHFH.org

Food For The Poor, Inc.

6401 Lyons Rd., Coconut Creek, FL 33073

Food For The Poor serves the poor in 17 countries in the Caribbean and Latin America, providing food, housing, water, healthcare, education, emergency relief and micro-enterprise assistance. 3.6% (#10328) FoodForThePoor.org



Learn more about the work of each of these charities: [Charity Choices.com](http://CharityChoices.com).

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For more copies: 240-683-7100 or info@CharityChoices.com

INTERNATIONAL

Adventist Development & Relief Agency International – ADRA

12501 Old Columbia Pike
Silver Spring, MD 20904

Imagine living without clean water, health services, education or a steady job. Gifts support ADRA's empowering development and relief programs in the U.S. and around the world. 1-800-424-ADRA. 13% (#10654)

ADRA.org

Children International – International Programs

2000 E. Red Bridge Rd.
Kansas City, MO 64131

Your support makes a life-changing difference to children living in poverty. Children International delivers comprehensive programs focused on health, education, empowerment and job readiness for children and youth around the world. 17% (#12078)

Children.org

Lutheran World Relief

700 Light St., Baltimore, MD 21230

Lutheran World Relief works to improve the lives of smallholder farmers and people experiencing poverty in Africa, Asia and Latin America, both in times of emergencies and for the long-term. 12.8% (#11114)

LWR.org

Operation Blessing International

977 Centerville Turnpike, Virginia Beach, VA 23463

One of the largest charities in America, providing strategic disaster relief, medical aid, hunger relief, safe water and orphan care in 27 countries around the world on a daily basis. 0.9% (#10530)

OperationBlessing.org

MEDICAL RESEARCH

Alzheimer's Research Foundation, Fisher Center

110 E. 42nd St., 16th Floor
New York, NY 10017

Research into the cause, care and cure of Alzheimer's, led by Nobel Prize winner Dr. Paul Greengard. Your contribution will bring us closer to a cure. Donate today. 8.7% (#11029)

AlzInfo.org

Arthritis National Research Foundation

200 Oceangate, Suite 830, Long Beach, CA 90802

Arthritis is the #1 cause of disability, affecting over 50 million Americans including 300,000 children. ANRF is leading the way through arthritis research. With your support we can cure arthritis. 9.1% (#11031) CureArthritis.org

Bipolar Research Foundation, Juvenile

277 Martine Ave., Suite 226, White Plains, NY 10601

JBRF orchestrates cutting-edge collaborative research in order to improve diagnosis, promote early intervention and discover the root causes of bipolar disorder in children and adolescents. 4.1% (#12148)

JBRF.org

Breast Cancer Aid and Research Institute

19176 N. 115th Dr., Surprise, AZ 85374

Awards scientific research grants. Provides medical supplies, equipment and humanitarian aid to hospitals and clinics that treat breast cancer and other degenerative diseases. Sponsors breast cancer support groups. 1% (#41620)

BreastCancerInstitute.org

Breast Cancer Research and Assistance Fund

20280 N. 59th Ave., #115-312, Glendale, AZ 85308

Provides research grants, medical equipment and supplies to hospitals. Sponsors cancer support groups. Provides educational materials for patients and families. Curing begins with our compassionate care. 1.5% (#10944) BreastCancer-Research.org

Cancer Prevention and Treatment Fund

1001 Connecticut Ave. NW, Suite 1100
Washington, DC 20036

Helps children and adults prevent cancer and find the most effective treatments. Together we can stop cancer before it starts! We save lives every day with research, help and hope. 1.2% (#11967)

StopCancerFund.org

Cancer Research: Cell & Gene Targeted Treatments

96 Cummings Point Rd., Stamford, CT 06902

Attack only the cancer—not the patient. Support cancer research: cell and gene targeted treatments. 100% of your donation will fund research for all cancers. 5.2% (#41537)

acgtfoundation.org

Where to give away cars, computers, clothes, more in the DC area: [Charity Choices.com](http://CharityChoices.com).



JDRF International

26 Broadway, 14th Floor, New York, NY 10004

JDRF is the leading global organization funding type 1 diabetes and the only one with a strategic plan that will progressively lessen the impact of the disease until a cure is found. 19.2% (#10569) JDRF.org

Paralyzed Veterans of America Spinal Cord Research Foundation

801 18th St. NW, Washington, DC 20006

Funds research aimed at restoring function and improving the quality of life for veterans and all others paralyzed by spinal cord injury or disease. 0.2% (#12096) PVAResearch.org

MILITARY/VETERANS

Iraq and Afghanistan Veterans of America

292 Madison Ave., Floor 10, New York, NY 10017

IAVA's mission is to connect, unite and empower post-9/11 veterans. Through assistance, advocacy and awareness, we address critical issues facing veterans including mental health, employment and GI Bill educational benefits. 22% (#75335) IAVA.org

MILITARY/VETERANS (cont.)

Marine Corps – Law Enforcement Foundation

273 Columbus Ave., Suite 10
Tuckahoe, NY 10707

Scholarships to children of Marines and Federal law enforcement personnel who die while on active duty. Over \$64 million awarded since 1995. 98.4% of every dollar goes toward the mission. 1.6% (#10507)

MC-LEF.org

Outdoor Recreation Heritage Fund

170 W. Shirley Ave., Suite 201
Warrenton, VA 20186

We provide quality outdoor sports and recreational opportunities for paralyzed veterans and others with disabilities, promoting a lifetime of health, fitness and wellness. 27.2% (#11994)

ORHFUND.org



Every charity in this guide has met the Combined Federal Campaign's 10 Accountability Standards.



Paralyzed Veterans of America Spinal Cord Injury Education and Training Foundation

801 18th St. NW, Washington, DC 20006

Funds educational projects (i.e. books, videos, curriculum) enabling veterans and others with spinal cord dysfunction, their caregivers and their healthcare providers to improve the quality of their lives. 0.6% (#11958) PVAResearch.org

Veterans Consortium Pro Bono Program

2101 L St. NW, Suite 420, Washington, DC 20037

Recruits and trains lawyers to provide free representation to America's veterans and family members with valid appeals at the U.S. Court of Appeals for Veterans Claims. 0.0% (#95004) VetsProBono.org

POVERTY

Arlington Thrive

PO Box 7429, Arlington, VA 22207

Provides same-day emergency financial assistance to Arlington residents who are in crisis and cannot pay bills for housing, utilities, medical/dental care, prescriptions and transportation. Arlington Thrive's assistance can prevent homelessness. 9.1% (#27295) (UW #8406)

ArlingtonThrive.org

SOCIAL AND ECONOMIC JUSTICE

Unitarian Universalist Service Committee

689 Massachusetts Ave., Cambridge, MA 02139

UUUC is a human rights organization powered by grassroots collaboration. We foster social justice, protect rights at risk and work toward a world free from oppression. 17% (#11685) UUSC.org

WOMEN

Fonkoze USA

1718 Connecticut Ave. NW, Suite 201
Washington, DC 20009

Fonkoze is Haiti's largest microfinance institution, serving Haiti's rural poor with both financial and development services. We work to enable Haitians—primarily women—to lift their families out of poverty. 15.2% (#31204) Fonkoze.org

NARAL Pro-Choice America Foundation

1156 15th St. NW, Suite 700
Washington, DC 20005

Protect, as a fundamental right, a woman's freedom to make personal decisions regarding the full range of reproductive choices through education, training, organizing, legal action and public policy. 37.3% (#11714) ProChoiceAmerica.org

YOUTH

Abused and Homeless Children's Refuge – Alternative House

PO Box 694, Dunn Loring, VA 22027

Abused, homeless and disadvantaged young people deserve brighter futures. We provide safe shelters where young people can grow and thrive and counseling to help them reach a better tomorrow. 14.1% (#41814) (UW #8893) TheAlternativeHouse.org

Sexual Minority Youth Assistance League (SMYAL)

410 7th St. SE, Washington, DC 20003

SMYAL's mission is to support and empower lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth in the Washington, DC metropolitan region through youth leadership and advocacy. 41.7% (#46119) (UW #8142) SMYAL.org

Why Should I Support Your Work?

PVA Spinal Cord Injury Education and Training Foundation

Empowering America's Heroes

From coordinating workshops for health professionals to producing educational materials, we help develop tools that share spinal cord injury and disease knowledge and improve lives.

- Consumer and community education to improve health, independence and quality of life.
- Education to improve the knowledge of health professionals.
- Dissemination of research findings to improve care.
- Development of teaching tools.



Paralyzed Veterans
of America

All your gift goes directly to our mission.

CFC# 11958 PVA.org/research



The Children's Inn at NIH

A Place Like Home

We are a residence for children participating in pediatric research at the National Institutes of Health. Children from around the country and the world stay with their families in The Inn's healing environment – **at no cost** – while receiving treatment for catastrophic diseases. We reduce the burden of illness through therapeutic, educational and recreational programming. As partners in discovery and care, *we strive for the day when no family endures the heartbreak of a seriously ill child.*



The Children's Inn at NIH



**CFC# 10324
ChildrensInn.org**

Unitarian Universalist Service Committee

Advancing human rights worldwide

Join UUSC to protect human rights and promote social justice. For more than 75 years, we have grown through the generosity of thousands who share our vision of a world free from oppression and injustice. UUSC's innovative approaches and measurable impact — in responding to humanitarian disasters, protecting the environment, and bolstering economic justice — are grounded in the belief that **all people have inherent power, dignity, and rights.**



**CFC# 11685
UUSC.org**

Diabetes Research Institute Foundation

Our vision is a world without diabetes.

As the most comprehensive research center dedicated to curing diabetes, we are aggressively working toward the discovery of a biological cure. Building upon our extraordinary progress, the Institute is creating the DRI BioHub, a bioengineered "mini organ" that restores natural insulin production. **For the millions affected by diabetes, the Diabetes Research Institute Foundation is the best hope for a cure.**



**CFC# 11149
DiabetesResearch.org**

Hebrew Home of Greater Washington

at Charles E. Smith Life Communities

The Hebrew Home is five-star non-profit nursing home and post-acute care residence for older adults. Three quarters of those we serve are Medicaid dependent. We also offer independent living, assisted living, memory care, and outpatient care, and safeguard seniors from abuse through the ElderSAFE Center. Our mission is to fulfill Jewish values by providing a continuum of quality services for seniors and their families, and to affirm our commitment to the dignity of each individual.



**CFC # 49705 • UW # 8111
SmithLifeCommunities.org**

SOME - So Others Might Eat

Restoring Hope and Dignity One Person at a Time

Your support ensures that **poor and homeless men, women and children receive nourishing food to fill their stomachs, medical care that eases their suffering, and job training and affordable housing that transform their lives.** For 45 years, SOME has been partnering with caring community members like you to restore dignity and independence to DC's most vulnerable residents. **Over 10,000 individuals are served each year at SOME, and we have earned Charity Navigator's highest Four Star rating.**



**CFC# 74405 • UW # 8189
SOME.org**

Why Should I Support Your Work?

Capital Caring

Supporting a better life for people living with advanced illness

When you donate to Capital Caring, you're part of a kind-hearted community bringing relief and comfort to people living with advanced illness – across the national Capital region. Each day, your gift ensures 24/7/365 coordinated, compassionate hospice and palliative care from our highly trained professionals to more than 1,200 patients and families throughout DC/MD/VA – **regardless of their ability to pay.**

Thank you for your support! Please give generously to the Combined Federal Campaign.



CFC# 39664
CapitalCaring.org

Birth Defect Research for Children, Inc.

Because every birth defect has a cause

Why are some children born different? **80% of the time it is more than just genetics.** Every year, 150,000 children are born with birth defects, even more with developmental disorders like autism or ADHD. Why so many?



How can we stop this? We sponsor the National Birth Defect Registry to find the answers. We also help parents each day with information, support and parent networking. **Please help us "because every birth defect has a cause."**

BirthDefects.org

CFC# 10374

Fonkoze USA

Providing Haiti's rural poor with the services they need to lift themselves out of poverty.

Fonkoze's comprehensive approach to poverty alleviation provides a woman with the resources and support she needs to ascend from poverty, wherever she is in her climb. Together with microfinance services, we offer business skills training, education and health services to support a woman as she progresses. Established in 1994, **Fonkoze has become the number one bank for the poor in Haiti, providing full banking services to more than 200,000 people.**



Fonkoze

CFC# 31204
Fonkoze.org

Cancer Prevention and Treatment Fund

We're here for you with hope and help

We help children and adults reduce their chances of getting cancer and choose the best treatments. We are also helping to lower prices of cancer drugs and to ban BPA and other cancer-causing chemicals from our homes and communities. You can trust our advice because we don't accept donations from pharmaceutical or chemical companies. 100% of your donation helps prevent and treat cancer, 0% on flashy fundraising events. With your help we'll fight cancer together!



100% of your donation helps prevent and treat cancer, 0% on flashy fundraising events. With your help we'll fight cancer together!

CFC#11967
StopCancerFund.org

American Kidney Fund

A World Without Kidney Disease

The American Kidney Fund helps one of every five dialysis patients in the U.S. – a total of 84,000 people. Many kidney patients find they can't work full-time due to frequent dialysis treatments. At the same time they face the cost of health insurance, prescription medications and other expenses. With your help, last year **we provided direct financial assistance to 84,000 people living with kidney failure.** We also conduct screenings and outreach to prevent kidney disease.



CFC# 11404
KidneyFund.org

Alzheimer's Research Foundation, Fisher Center

Together we can make Alzheimer's nothing but a memory

The Alzheimer's epidemic is real. Every 68 seconds another person is diagnosed with Alzheimer's. It is the only fatal disease that cannot be stopped, cured or treated. **We are solving the mysteries of Alzheimer's disease and our mission is clear. Find a cure.** Our Nobel Prize winning research team is working around the clock to help protect our families and loved ones from its devastating effects. Join us in the fight against Alzheimer's disease.



CFC# 11029

AlzInfo.org

Why Should I Support Your Work?

Arthritis National Research Foundation

With your support we can cure arthritis!



Arthritis affects over 50 million Americans including 300,000 children. *The Arthritis National Research Foundation (ANRF) is the only charity solely dedicated to funding research to cure arthritis.*

Research is the key to finding a cure and helping millions.

With your support ANRF can fund the best, cutting-edge scientists across America.



CFC# 11031
CureArthritis.org

PVA Spinal Cord Research Foundation

Improving the lives of those with spinal cord injury and disease



Paralyzed Veterans of America

From regenerating nerve fibers to designing adaptive canoe seats, we support innovative research and fellowships. *All your gift supports our mission:*

- Lab research in the basic sciences to find a cure.
- Studies of the medical, psychosocial and economic effects of spinal cord injuries/disease (e.g. MS and ALS) and how to alleviate these effects.
- Design and development of assistive technology.
- Fellowships to encourage scientists, clinicians and engineers to focus on spinal cord injuries.



CFC# 12096

PVA.org/research

A Child's Hope Fund

Uplifting lives, one child at a time

Working with local partners in some of the world's poorest countries, we provide **tangible aid** – food, medicines and medical support – to individual children plagued by cancer and other debilitating



conditions, plus their families and the institutions helping them. *Over 99% of all donations are used to help sick children and their struggling families.*

Our efficiency and successes come by working directly with local organizations (hospitals, clinics, etc.) without duplicating services. We also help these groups better manage their work and stay accountable to their communities.



CFC# 10978

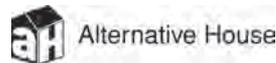
AChildsHopeFund.org

The Abused and Homeless Children's Refuge - Alternative House

We provide support that every young person deserves



By stepping in at a critical time in a young person's life, Alternative House transforms the lives of young people and helps them make positive decisions. Last year, *Alternative House provided a safe home and opportunities to grow and thrive to more than 300 young people* and our community-based programs like the Culmore Teen Center and the Safe Youth Projects keep more than 2,000 youth free from gangs and give them hope for brighter futures.



CFC# 41814 • UW # 8893
TheAlternativeHouse.org

Veterans Consortium Pro Bono Program

Fighting for those who have fought for us.

When America's heroes need help securing the benefits they are owed, our volunteer attorneys stand ready to assist them. We recruit and train pro bono attorneys in veterans' benefits law, then match them with veterans who cannot afford representation at the U.S. Court of Appeals for Veterans Claims—100% free of charge. *Your gift helps ensure that no veterans or family members are denied the benefits they earned by defending our country.*



CFC# 95004
VetsProBono.org

Children's Food Fund/ World Emergency Relief

Giving Children a Living Chance™



For 30 years, we have delivered food to hungry children, provided medical care for the sick, supplied relief goods to disaster victims and given hope to millions living in poverty. Our commitment to improving children's lives continues. Thanks to our generous donors we are truly giving children a living chance. Over 97% of all donated resources are used for program expenses.



CFC# 10984
CFF-WER.org

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES. jdrf.org

TOGETHER, WE WILL CREATE A WORLD WITHOUT TYPE 1 DIABETES (T1D)

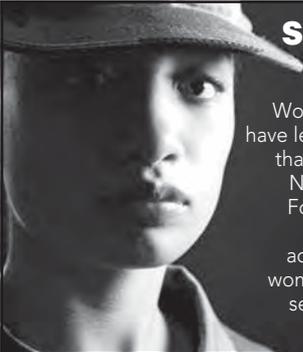


Join us in turning **type one** into **typenone**

JDRF is a proud CFC participant. **CFC #10569**




99581



SHE DESERVES BETTER

Women serving in the military have less access to abortion care than women who don't serve. NARAL Pro-Choice America Foundation is educating the public and mobilizing our activists to ensure that when women sign up to protect and serve our nation, they aren't signing away their rights.

CFC #11714

NARAL Pro-Choice America Foundation
www.ProChoiceAmericaFdn.org | (202) 973-3000
America's Charities



A CHILD'S HOPE FUND

Uplifting lives, one child at a time



CFC# 10978

AChildsHopeFund.org



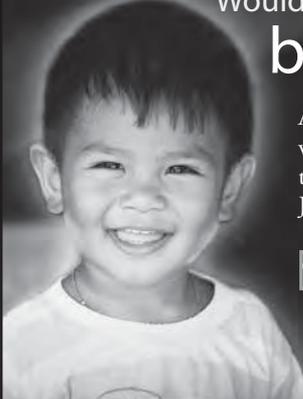
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10-144 | 08-10

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CFC #11252
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Marine Corps-Law Enforcement Foundation
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Paralyzed Veterans of America

Spinal Cord Research Foundation

Supporting cutting edge research to restore function for everyone with a paralyzing injury.

CFC# 12096

100% of your donation supports this work. PVA pays all overhead costs.

PVA.org
 (800) 424-8200 ext.255

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With your help, they're rebuilding their farm after Typhoon Haiyan.



The Philippines

Photo: Jeff Pearcy

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uusc.org

CFC#11685



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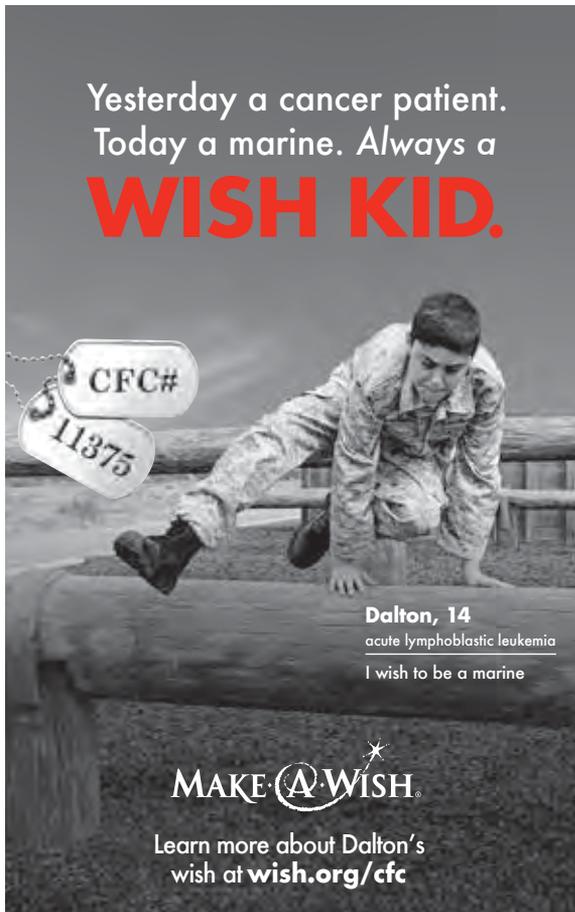
PETS-DC

Caring for the Companions Who Comfort Our Friends

www.PetsDC.org

CFC# 15572

Yesterday a cancer patient. Today a marine. Always a **WISH KID.**



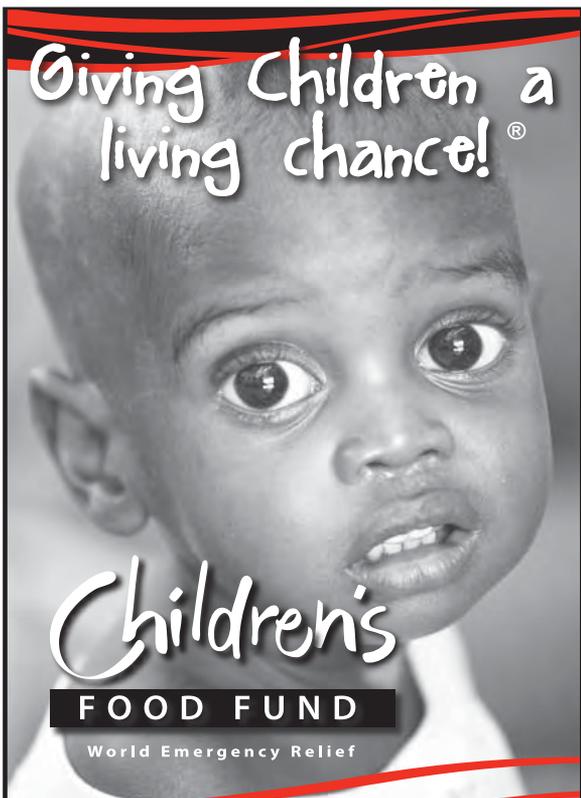
CFC# 11375

Dalton, 14
 acute lymphoblastic leukemia
 I wish to be a marine

MAKE-A-WISH

Learn more about Dalton's wish at wish.org/cfc

Giving Children a living chance!®



Children's
FOOD FUND
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www.CFF-WER.org

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CFC # 12069



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npca.org

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Providing scholarships to assist financially disadvantaged and deserving students.

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SAVE CATS' LIVES

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 **Alley Cat Allies**
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 **The Jimmy Fund®**
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Celebrating 20 years of Saving Feline Lives.

Finding home for more than 8,300 cats and kittens.

CFC#34517 **FourPaws.org**



1 out of 5 U.S. dialysis patients turns to the American Kidney Fund for financial assistance.

WITH YOUR HELP. CFC # 11404

www.KidneyFund.org



Spinal Cord Injury Education and Training Foundation

Improving the quality of everyday life by supporting education and training for paralyzed veterans, their families and caregivers.

100% of your donation supports this work. PVA pays all overhead costs.

PVA.org
(800) 424-8200 ext.255

CFC# 11958



HELP OUR VETERANS
live the full and rewarding lives they deserve




We turn your dollars into CHANGE!
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When you donate to Capital Caring, you touch a family living with serious advanced illness. Through your contribution, you make possible...

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Our home-delivered care helps families stay connected. We bring everything to them, making their home a more comfortable place. Please give generously to the Combined Federal Campaign.

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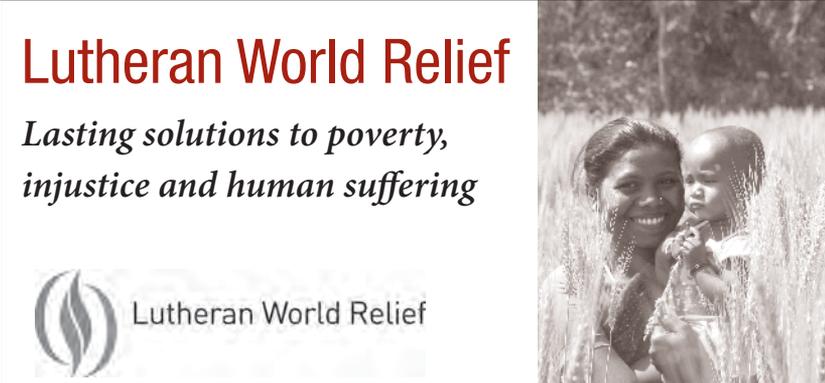
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CFC# 11114 **LWR.org**

You Can Help So Many!

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How to support these charities

- **If you are a federal employee or member of the military,** you can support these charities at work through the **COMBINED FEDERAL CAMPAIGN**. Write in their 5-digit number on your CFC pledge card.
- **If you are an employee of a company with a United Way campaign,** you can also support these charities at work. Use the charity's 4-digit United Way "code" number or, for a charity without this number, write in its name and address on your "Employee Pledge Form." (Gifts to charities without United Way code numbers must be \$100 or more.)
- **If you cannot give at work, you can still support these charities.** You can mail them a check or you can go to their website and give online. You can also go to our website – CharityChoices.com – and click on "All Charities A to Z." Click on the charity's name, then click on "Give Online Now," which takes you to that charity's online donation page. You are giving directly to the charity.

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