

YOU ARE NEEDED

More Needs, Fewer Resources

Charities urgently need your support through the **COMBINED FEDERAL CAMPAIGN**, or by making a **DIRECT GIFT**



Why did giving decline so much last year?
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With so many disasters, how to respond?
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Why should I support your charity's work?
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How do charities make a difference?
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You Are Needed

More Needs, Fewer Resources

Major earthquakes in Turkey, Morocco and Afghanistan.

Wildfires in Maui and Greece. A devastating flood in Libya.

A humanitarian crisis in the Horn of Africa, one of many around the world.

An increase in hunger here in the nation's capital.

It's not hard to see the growing needs. Unfortunately, giving by individuals plummeted 13.4% last year. Ten percent fewer people made donations.

When individuals give less, all charities struggle because two thirds of their support comes from individuals.

Your gift matters. Your donation may not seem like it will make a difference for charities, but it does. Even small gifts from average donors add up to big impacts: people fed, the homeless housed, animals saved, nature preserved, cures discovered, rights protected.



accountability standards, such as an annual audit. You can focus on which charities you want to support, choosing to help several charities with one pledge.

To help, this guide explains the missions of dozens of CFC charities. You can learn much more about these charities at **CharityChoices.com**, where each charity answers

a series of questions, such as *"Why should I support your charity's work?"*

If you can't give through the CFC, you can also join other donors by supporting a charity directly through its website. Most charities allow you to make an automatic monthly donation. That's how you can make your donation really add up.

You can give directly to each charity in this guide by going to **CharityChoices.com**. Click on "All Charities A to Z," click on the charity you want to support, then click "Give Online Now." All your donation goes to the charity.

Whichever charities you choose to support, please give as generously as you can: **your gift is needed!**

Your gift plus the gifts of thousands of other donors is what makes the **COMBINED FEDERAL CAMPAIGN** such a great way to support charities.

Your gift really adds up through the CFC because most people have a little deducted from each paycheck. This helps charities all year long.

And by giving through the CFC at **GiveCFC.org**, you know that the charities you support have all met

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Please don't let the shutdown threat impact your giving.

A donation pledge won't impact your pay until next year.

MORE CHOICES!



ANIMAL/ WILDLIFE PROTECTION

Defenders of Wildlife

1130 17th St. NW, Washington, DC 20036

Defenders of Wildlife envisions a future where diverse wildlife populations are secure and sustained by an environment of healthy lands and waters. Working since 1947, we protect wildlife and their habitat through education, advocacy, legal action, technology and scientific research. 16.0% (#10624) Defenders.org

Working Dogs for Vets

3138 Buffalo Rd.
Lawrenceburg, TN 38434

Every day, 7,400 shelter dogs are put down; 22 veterans commit suicide. We rescue dogs and unite them with disabled veterans afflicted by visible and invisible disabilities. This reduces overcrowding in shelters and helps reduce the suicide risk of veterans, giving renewed purpose to both dogs and veterans! 3,000+ teams and counting. Please help! 10% (#37322) WorkingDogsForVets.org

AGING

Hebrew Home of Greater Washington

6121 Montrose Rd., Rockville, MD 20852

Our mission is to deliver quality care and meaningful life experiences to seniors, with dignity and compassion. The COVID-19 pandemic strengthened our determination to protect those we serve with passion and commitment and address their health, safety and emotional well-being. 14.4% (#49705) SmithLifeCommunities.org

Support Our Aging Religious (SOAR!)

8484 Georgia Ave., #300, Silver Spring, MD 20910

The needs of elderly Catholic Sisters, Brothers and Priests in religious orders are critical. We distribute grants to these Communities to ensure the safety and dignity of their aging members. 4.6% (#10041) SOAR-USA.org

ARTS/ MUSEUMS

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. 15.7% (#99581) WETA.org

CHILDREN

Autism Speaks

1060 State Rd., 2nd Floor, Princeton, NJ 08540

One in 54 U.S. children has autism. Autism Speaks promotes solutions — across the spectrum and throughout the life span — for individuals with autism and their families. We do this through advocacy and support, increasing understanding and acceptance of people with autism spectrum disorder, and advancing research into causes and better interventions. 21.6% (#12413) AutismSpeaks.org

Children's Inn at NIH

7 West Dr., Bethesda, MD 20814

The Children's Inn is a free, supportive "home" to seriously ill children and their families as they receive groundbreaking medical treatment from the NIH in hopes of finding a cure. 20.0% (#10324) ChildrensInn.org



Child Sex Abuse Prevention and Protection Center (Stop It Now!)

351 Pleasant St., B-319
Northampton, MA 01060

Child sexual abuse is preventable. Your gift protects children. Stop It Now! provides nationwide training, resources and a free helpline for parents, professionals, survivors and community members. Join us in stopping sexual abuse before kids are ever harmed. 13.1% (#12223) StopItNow.org

Mary House

4303 13th St. NE, Washington, DC 20017

Our safe haven provides sanctuary to immigrant and refugee families, allowing them to reclaim their dignity and move forward. Mary House provides shelter, transitional housing, food, education and support services to 60 families, using private donations. casademary@aol.com 2.6% (#33368) MaryHouse.org

This is the charity's "CFC" number. Use it to find a charity on the CFC website.

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

Arlington Free Clinic

2921 11th St. South, Arlington, VA 22204

Arlington Free Clinic provides free, high quality health care to low-income uninsured Arlington County adults through the generosity of donors and volunteers. 16.2% (#86926) (U.W. #8247)

ArlingtonFreeClinic.org

This is the charity's United Way number. If you give at work through United Way, use this number.

This is the charity's website. You will find a link to each charity's website at CharityChoices.com.

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

PHOTOS: Shutterstock.com, except Jim West (cover "Save Our Future").

**World Emergency Relief/
Children's Food Fund**

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

We provide food for hungry children, care for the sick, relief to disaster victims and hope to millions living in poverty—improving children's lives worldwide, including Native Americans here at home. Our experience plus efficiency makes your gift really count! 2.4% (#10984) WER-US.org

CLIMATE CHANGE**Environmental and Energy Study
Institute (EESI)**

1020 19th St. NW, Suite 650
Washington, DC 20036

Climate change is here, and it demands urgent action. Through policymaker education and technical assistance, EESI advances science-based solutions for climate change, energy, and environmental challenges to achieve our vision of a sustainable, resilient, and equitable world. Join us! 28.2% (#10627) EESI.org

**Paralyzed Veterans
of America Research
Foundation**

1875 I St. NW, Suite 1100
Washington, DC 20006

Donate to cure paralysis with cutting-edge research into new treatments to restore mobility, treat pain, and improve the lives of millions affected by spinal cord injury or diseases like MS and ALS. 100% of your donation

directly supports our mission. 2.5% (#12096) PVA.org/research

Working Dogs for Vets

3138 Buffalo Rd., Lawrenceburg, TN 38434

We help veterans with physical or emotional challenges train their service dogs at no cost to the vets. These dogs can do extraordinary tasks: opening doors, turning on the lights, providing medical alerts and medication reminders. They also have helped transform vets' lives, helping many return to society. 10% (#37322) WorkingDogsForVets.org

CONSERVATION**National Park Foundation**

1500 K St. NW, Suite 700, Washington, DC 20005

As the official nonprofit partner of the National Park Service, the National Park Foundation generates private support and builds strategic partnerships to protect and enhance America's national parks for present and future generations. 22.6% (#11252) NationalParks.org

DISABILITIES**Autism Speaks**

1060 State Rd., 2nd Floor, Princeton, NJ 08540

Autism Speaks promotes solutions—across the spectrum and throughout the life span—for the needs of individuals with autism and their families. We do this through advocacy and support, increasing understanding and acceptance of people with autism spectrum disorder, and advancing research into causes and better interventions. 21.6% (#12413)

AutismSpeaks.org

**Melwood Horticultural
Training Center, Inc**

5606 Dower House Road
Upper Marlboro, MD 20772

Melwood empowers over 2,600 individuals with disabilities annually to transform their lives through unique opportunities to live, work, and thrive in the community through programs focused on professional development training, job placement, vocational support, day services, and much more. 14.2% (#21166) (U.W. #8148) Melwood.org

DISASTER RELIEF**World Emergency Relief/
Children's Food Fund**

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

In the wake of recent global disasters, some of unprecedented magnitude, we provide crucial disaster relief assistance. Children, orphaned, sick, injured, homeless or hungry, find hope through our programs. Learn more about our current disaster response at WER-US.org. 2.4% (#10984)

EDUCATION**Alpha Kappa Alpha Educational
Advancement Foundation**

5656 S. Stony Island Ave., Chicago, IL 60637

We are primarily African-American women with a commitment to promote life-long learning. Scholarships, fellowships and grants to students and projects are strategies used to fulfill our commitment. Since our founding, we have given nearly \$5 million in scholarship and community assistance awards. 1.5% (#11173) AKAEAF.org

PLEASE GIVE

MORE CHOICES!



Marine Corps Law Enforcement Foundation

273 Columbus Ave., Suite 10
Tuckahoe, NY 10707

Scholarship accounts to children of Marines and Federal law enforcement personnel who die while on active duty. Over \$89 million awarded since 1995. MCLEF – Educating the children of those who sacrificed all. More than 97% of every dollar goes toward the mission. 2.6% (#10507) MC-LEF.org

Tuskegee Airmen Scholarship Foundation

1816 S. Figueroa St., 4th Floor, L.5
Los Angeles, CA 90015

We ensure the legacy of Tuskegee Airmen—who helped integrate the military and our country—by awarding scholarships to 40 financially and academically deserving high school seniors every year. 11.4% (#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. 20.6% (#11325) CBF.org

National Parks Conservation Association

777 Sixth 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. 21.2% (#12069) NPCA.org



FAITH-BASED SERVICES

Catholics for the Poor and Needy Worldwide

5148 Massachusetts Ave., Bethesda, MD 20816

Serving in faith, transforming through love! We connect Catholic volunteers and missionaries with opportunities to serve the poor and make a difference in communities across the globe. 7.3% (#10174) CatholicVolunteerNetwork.org

Wycliffe Bible Translators

PO Box 628200, Orlando, FL 32862

People need the message of hope found in Scripture! More than 1,400 languages wait for Bible translation work to begin. Our vision is to see people from every language understand the Bible and be transformed. Join what God is doing! 14.2% (#11737) Wycliffe.org/cfc

HEALTH

American Kidney Fund

11921 Rockville Pike, Suite 300
Rockville, MD 20852

AKF fights kidney disease on all fronts, with programs supporting early detection, disease management, research, advocacy, and financial assistance. AKF works on behalf of the 37 million Americans living with kidney disease, and the millions more at risk. 2.4% (#11404) KidneyFund.org

Arlington Free Clinic

2921 11th St. South, Arlington, VA 22204

Arlington Free Clinic provides free, high quality health care to low-income uninsured Arlington County adults through the generosity of donors and volunteers. 16.2% (#86926) (U.W. #8247) ArlingtonFreeClinic.org

Cancer Prevention and Treatment Fund

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

We help prevent cancer and improve cancer treatments through research, education, and by directly helping patients. We don't accept money from companies selling medical products, so you can trust what we say! We save lives every day, giving help and hope. 0.3% (#11967)

StopCancerFund.org

Planned Parenthood Federation of America

123 William St., 10th Floor
New York, NY 10038

Planned Parenthood Federation of America (PPFA) works to ensure access to high-quality reproductive health care, including abortion, and comprehensive sex education—both domestically and internationally. In addition, PPFA defends and advances reproductive rights in communities across the country. 28.7% (#11682) PlannedParenthood.org





Farmers and Hunters Feeding the Hungry

PO Box 323
Williamsport, MD 21795

Needy children and families hunger for meat and protein. Our ministry pays local butchers to process donated deer and livestock for food banks and hunger relief programs. Please give today! 7.3% (#10308)

FeedingTheHungry.org

Michael J. Fox Foundation for Parkinson's Research

Grand Central Station, PO Box 4777
New York, NY 10163

The Michael J. Fox Foundation is dedicated to accelerating improved therapies and a cure for Parkinson's disease. 88 cents of every dollar spent goes to high-impact research. We're here. Until Parkinson's isn't. 6.6% (#12227)

MichaelJFox.org

Paralyzed Veterans of America Research Foundation

1875 I St. NW, Suite 1100, Washington, DC 20006

Donate to cure paralysis with cutting-edge research into new treatments to restore mobility, treat pain, and improve the lives of millions affected by spinal cord injury or diseases like MS and ALS. 100% of your donation directly supports our mission. 2.5% (#12096)

PVA.org/research

WHY IS GIVING DOWN?

Giving by individuals had its biggest drop ever last year, down 13.4%. Why?

Part of it is inflation. Total giving by individuals — \$319 billion in 2022 — was only down 6.4%. But when you adjust that figure for inflation, you get the 13.4% decline. Inflation no doubt caused many people to cut back on their giving.

Part of it is fewer donors: 10% fewer people made donations in 2022 than in 2021. In 2002, 68% of households made donations. By 2018, less than 50% did so.

Part of it is the boom in giving during the pandemic. In 2020, giving went up 8.1%, the largest increase in giving since 2012. As the pandemic eased, so did giving.

Overall giving to charities — which includes foundation and corporate giving — was just shy of \$500 billion, down from \$558 billion in 2021.

HOMELESS

Christ House

1717 Columbia Rd. NW
Washington, DC 20009

Comprehensive and compassionate care for sick, homeless individuals and assistance in addressing critical issues to break the cycle of homelessness: 24-hour medical care, food services, addictions treatment and housing placement. 10.2% (#34256) (U.W. #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 who are homeless or vulnerable. Post-pandemic, the homeless still need your help now more than ever before. 10.8% (#83436) (U.W. #8194)

<https://DCCFH.org>

HUNGER

World Emergency Relief/ Children's Food Fund

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

We are dedicated to nourishing hungry children, both at home in the USA and around the world. Our mission is to alleviate hunger and provide a brighter future for the most vulnerable. Through WER/CFF, your support truly makes a lasting impact! 2.4% (#10984)

WER-US.org

MEDICAL RESEARCH

Cancer Research America – National Foundation for Cancer Research

5515 Security Lane, Suite 1105
Rockville, MD 20852

From prevention and early diagnosis to better treatments, NCFR funds cancer research. NCFR's discoveries have led to improved treatments and today's research will lead to a cure for all cancers. 23% (#11267) NCFR.org

Diabetes Research Institute Foundation

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

The DRI is a center of excellence and world leader solely committed to developing a cure for children and adults who struggle with diabetes. DRI scientists work tirelessly to bring promising treatments to patients as quickly as possible. 33% (#11149)

DiabetesResearch.org

JDRF International

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

JDRF is the leading global organization harnessing the power of research, advocacy, and community engagement to advance life-changing breakthroughs to cure, prevent, and treat type 1 diabetes (T1D) and its complications. 18.7% (#10569) JDRF.org

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

MILITARY/VETERANS

Marine Corps Law Enforcement Foundation

273 Columbus Ave., Suite 10, Tuckahoe, NY 10707

Scholarship accounts to children of Marines, Navy Corpsmen and Federal Law Enforcement Officers who die while on active duty. Over \$89 million awarded since 1995. MCLEF – Educating the children of those who sacrificed all. More than 97% of every dollar goes to the mission. 2.6% (#10507) MC-LEF.org

National Association of American Veterans

1725 I St. NW, Suite 300, Washington, DC 20006

We support service members severely injured in combat, military caregivers, single-parent service members, and veterans and their families. We provide claims and benefits assistance, respite care assistance, emergency assistance resources, housing and financial aid referrals, legal help and career coaching. 1.8% (#85065) NAAVets.org

Paralyzed Veterans of America Education Foundation

1875 I St. NW, Suite 1100
Washington, DC 20006

Donate to improve the health, independence and quality of life for millions with spinal cord injuries and diseases like MS and ALS. 100% of your donation will directly fund public education, healthcare training, research interpretation, and knowledge-sharing through events. 1% (#11958)

PVA.org/education

Working Dogs for Vets

3138 Buffalo Rd.
Lawrenceburg, TN 38434

We rescue, train and pair service dogs with Army, Air Force, Navy, Marine and disabled military veterans. We provide training, supplies, school, classes, retreats and more. Service dogs reduce suicide. We've served more than 3,000 veteran/dog teams. Your donation saves lives at both ends of the leash! 10% (#37322)

WorkingDogsForVets.org



SOCIAL/ ECONOMIC JUSTICE

Unitarian Universalist Service Committee

689 Massachusetts Ave., Cambridge, MA 02139

UUSC 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. 12.8% (#11685) UUSC.org

SOCIAL SERVICES

Catholic Charities, Archdiocese of Washington

924 G Street, NW, Washington, DC 20001

Catholic Charities helps people in D.C. and the surrounding Maryland counties who are living in poverty, immigrants, victims of abuse, those without homes, and individuals living with disabilities. We help anyone regardless of their race, religion, or sexual orientation. 11.6% (#83997) (U.W. #8054) CatholicCharitiesDC.org

Mary House

4303 13th St. NE, Washington, DC 20017

Our safe haven provides sanctuary to immigrant and refugee families, allowing them to reclaim their dignity and move forward. Mary House provides shelter, transitional housing, food, education and support services to 60 families, using private donations. casademary@aol.com 2.6% (#33368) MaryHouse.org



Melwood Horticultural Training Center, Inc

5606 Dower House Rd., Upper Marlboro, MD 20772

Melwood empowers over 2,600 individuals with disabilities annually to transform their lives through unique opportunities to live, work, and thrive in the community through programs focused on professional development training, job placement, vocational support, day services, and much more. 14.2% (#21166) (U.W. #8148)

Melwood.org

WOMEN

Reproductive Freedom for All Foundation

1725 Eye St. NW, Suite 900, Washington, DC 20005

For over 50 years, Reproductive Freedom for All has fought to protect and advance reproductive freedom at the federal and state levels—including access to abortion care, birth control, pregnancy and postpartum care, and paid family leave—for *everybody*. Reproductive Freedom for All is powered by its more than 4 million members from every state and congressional district in the country. 12.8% (#11714) ReproductiveFreedomForAllFoundation.org

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

"They brought me to a place in my life that I never knew existed."

—Richard Smith

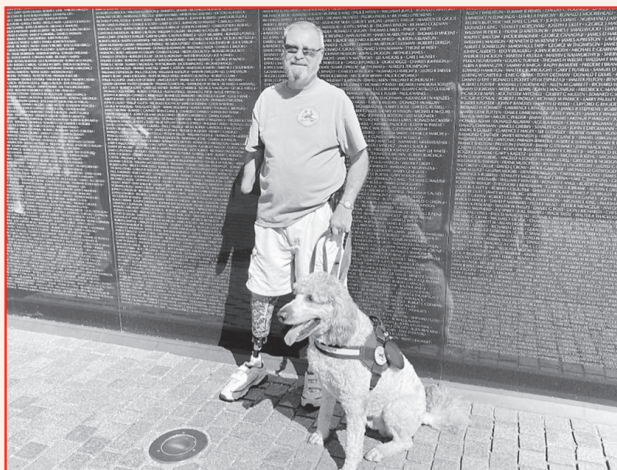
"I had a grenade go off...took my hand off instantly," recalls Richard Smith, an Army veteran. "I got gangrene in my leg." As a double amputee, life for Smith and his wife became very challenging.

What's made it easier is his service dog, Eli. "When I drop something, Eli picks it up. When I have problems because of a pinched nerve, my wife can put a harness on Eli and he will pull me up out of the chair. When I don't get out of bed at my normal time, Eli checks on me and nudges me. Eli has become very protective of me."

Smith says his relationship with Eli changed his life. "I can't tell you how much I appreciate Working Dogs For Vets for hooking me up with a great friend."

"The connection between a veteran and their service dog is invaluable," explains Kenneth Knabenshue, founder of **Working Dogs for Vets (CFC #37322)**. He says some veterans feel as though they have lost their purpose after leaving the military. "They feel they're not needed." But, he adds, training a service dog can transform their lives.

Disabled veterans can suffer from a range of ailments, disabilities or trauma, both visible and invisible, Knabenshue says. "They are desperately searching for help. Many consider suicide because they feel like they are a burden to their family, friends and society."



Army vet Richard Smith with Eli at the Vietnam Memorial.

Knabenshue never envisioned Working Dogs for Vets would become an organization. He just wanted to help as many veterans and shelter dogs as possible. But when he learned how much a typical service dog could cost—now \$25,000 to \$50,000—he knew that's unattainable for most vets.

In response, he formed Working Dogs in 2015, with the help of volunteers, all of whom were committed to helping veterans get service dogs.

Its **No Veteran Left Behind** program, which involves teaching veterans how to train their own service dogs, has taken off. Knabenshue says that requests for service dogs have doubled every year.

To help meet this need, Working Dogs has developed a "pay forward" plan, with veterans agreeing to help other vets train his or her own service dogs. Through this process, Army veteran Smith says, veterans like him make new friends. "We have great comradery."

Today there are more than 3,000 teams across the country, with 98% of the dogs being rescued from shelters. Working Dogs (**WorkingDogsForVets.org**) strives to meet two challenges: saving the lives of both veterans and shelter dogs.

As the charity's motto puts it: "Saving lives at both ends of the leash!"

Join us to create a kinder world for the 1 in 54 kids with autism.



CFC #12413

Learn more at autismspeaks.org

autism
speaks



IS NOW...

**REPRODUCTIVE
FREEDOM FOR ALL
FOUNDATION**

We're charting a new path forward to reflect a new era in our fight for reproductive freedom.

CFC # 11714 | (202) 973-3000

ReproductiveFreedomForAllFoundation.org

Protect the wonder of America's national parks today and ensure their future for generations to come.

Give at nationalparks.org



Give at nationalparks.org | CFC #11252

Planned Parenthood protects reproductive rights and access to health care.

Together, we can help people live their healthiest lives. Everyone deserves access to reproductive health care, including abortion. Join us by selecting Planned Parenthood Federation of America, **CFC #11682**.

www.plannedparenthood.org

 **Planned Parenthood**



wer
worldemergencyrelief

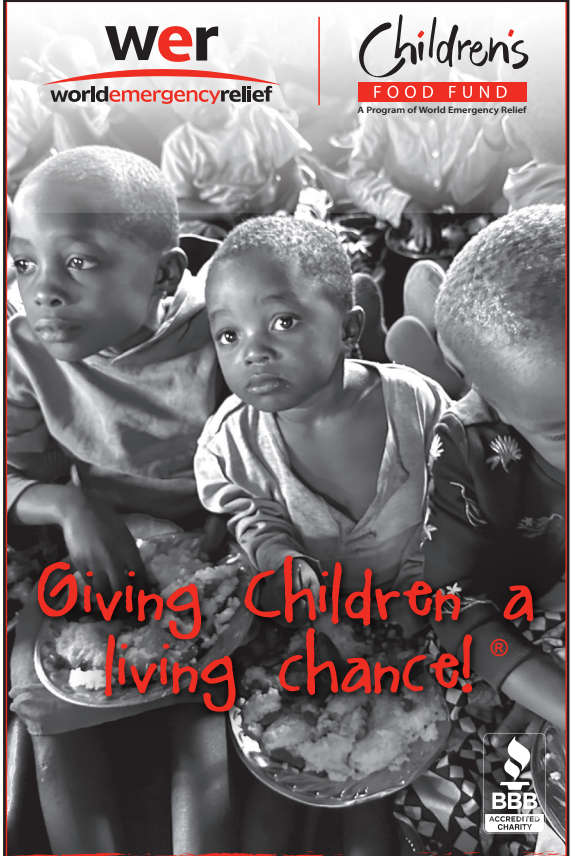
Children's
FOOD FUND
A Program of World Emergency Relief

Giving Children a living chance!®



CFC # 10984

www.WER-US.org



Help Protect Imperiled Wildlife



OREGON DEPARTMENT OF FISH AND WILDLIFE

www.defenders.org

CFC #10624



Paralyzed Veterans of America

Education Foundation

**EMPOWER
OUR
VETERANS**

**Reduce Pain.
Improve Mobility.
Increase Independence.**

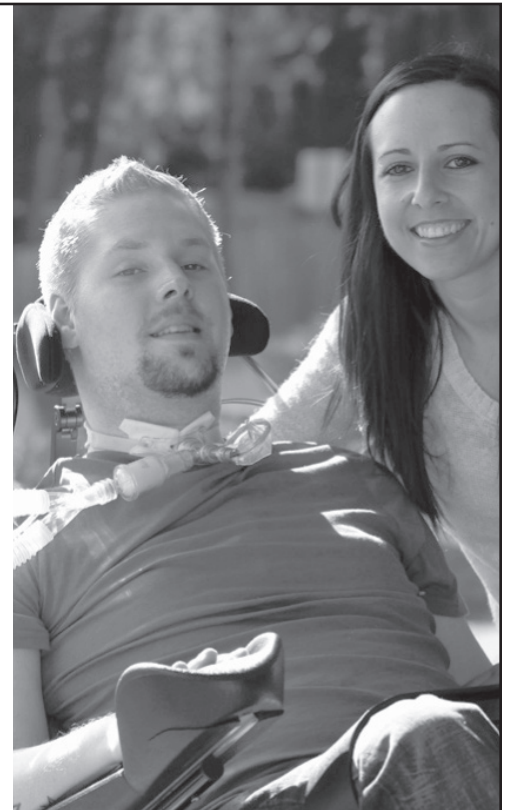
100% of your gift funds cutting-edge research and education to improve quality of life.



CFC #11958 • pva.org/education

 **ParalyzedVeterans**

  **PVA1946**



**TUSKEGEE AIRMEN
Scholarship Foundation**

*Providing
scholarships to
assist academically
deserving students
who dare to
dream big.*



CFC #47202

TAISF.org



"I quote figures and percentages. But behind those figures are real faces."

—Liesbeth Aelbrecht, WHO

The figures for South Sudan are staggering: more than two thirds of the country's 12.5 million people suffer from acute hunger, according to a recent World Health Organization report. More than 150,000 children have been treated for severe malnutrition so far this year. It is one of the most severe but underreported humanitarian crises in the world.

The numbers are shocking, but the haunted faces are what motivates World Emergency Relief's CEO, Kristy Scott, to work tirelessly to deliver critical food aid to those in desperate need. *"It's such a sad situation,"* Scott says. *"People are going for days with nothing to eat. When you look into their eyes, you see desperation. We cannot stand idly by while children are suffering."*

World Emergency Relief (CFC #10984) plays a crucial role in South Sudan, shipping millions of lifesaving, vitamin-fortified rice meals every year. The charity aims to tackle the heart-wrenching scenes of hunger and despair witnessed in South Sudan.

WER's food shipments are critical in this severely underfunded region of the world. The problem is made worse by record levels of hunger worldwide, plus the dangerous conditions faced by refugees and aid workers in war-torn countries.

This is where WER's long-time relationships on the ground are so

important. By providing food, medical and cash resources directly to its partners in the field, WER delivers quality, culturally appropriate aid while keeping its overhead low — just 2.4% last year.

The children are what keeps Scott going. Emmanuel, an 8-year-old refugee who was paralyzed at birth from a brain injury, is one of these children. He and his six siblings were severely malnourished when WER stepped in to provide lifesaving nutritional support.

Unfortunately, stories of suffering like Emmanuel's are all too common. Millions fled to Sudan to escape violence, only to return when its brutal civil war erupted again last April.

South Sudan continues to grapple with ongoing conflict and instability, worsening the already challenging issue of food scarcity. Four straight years of record rains have caused catastrophic flooding across much of the country, destroying crops and displacing countless more people. South Sudan is one of the top ten most vulnerable countries to the impacts of climate change.



THE FIGHT STARTS WITH YOU

CFC #11404

HELP END KIDNEY DISEASE

AMERICAN KIDNEY FUND®
FIGHTING ON ALL FRONTS

DONATE

WER is calling on the international community and donors to join them in saving lives and alleviating suffering. *"We believe in the power of collective action,"* Scott adds. *"Together we can bring hope and healing to those who are in desperate need."*

PUTTING FAITH INTO ACTION

SUPPORT 25,000+ PEOPLE SERVING THE POOR ACROSS THE U.S. AND IN OVER 100 COUNTRIES WORLDWIDE.

CATHOLICS FOR THE POOR AND NEEDY WORLDWIDE **CFC # 10174**

Even in the most trying times, Autism Speaks advocates for military families like Sophia and Alivia's family

Revered political leader and activist Nelson Mandela once said: *"The greatest glory in living lies not in never falling, but in rising every time we fall."*

For Sarah, wife of an a United States Air Force Chaplain and mother of two girls with autism, no quote could better describe her family's journey over the last 13 years. It was only through their strong values that her family was able to withstand setbacks that would bring most to their knees.

Although their autism affects them differently, sisters Alivia, 13, and Sophia, 8, share similar stories of overcoming adversity to reach milestones that many specialists never thought they would.

"Sophia has faced challenges and obstacles from birth but has continued to overcome," Sarah explains. "She was unable to walk and barely able to eat until her second birthday. She didn't say her first word (mamma) until she was four.

"But with two years of intense early intervention and full-time ABA therapy in a clinical setting, Sophia's vocabulary is amazing, she has friends, loves ballet and even plays soccer!" (ABA is a therapy based on the science of learning and behavior.)

"Alivia had a neonatal stroke, which caused her to have many medical issues throughout childhood. At first, her autism was masked by her medical condition, but she was diagnosed around her second birthday. She didn't speak until she was six, but now talks and reads thanks to intense therapies."

Sarah's husband, Tamer, is an active duty service member. His career has caused his family to move several times over the years, but she says the military has gone above and beyond to make sure her girls have everything they need to thrive no matter where they're stationed.

"All branches of the military have a designated program for special needs families. Among many other services, we receive 40 hours a month of respite care and in-home ABA therapy for both girls. We are proud to be a part of the military family."

Even in the most trying times, **Autism Speaks (CFC #12413)** continues to advocate for families like Sarah and



"With two years of intense early intervention and full-time ABA therapy in a clinical setting, Sophia's vocabulary is amazing, she has friends, loves ballet and even plays soccer!"

Tamer's to provide vital resources, round-the-clock support and hope for the entire autism community.

It is dedicated to promoting solutions for the needs of all individuals with autism and their families.

MARINE CORPS-LAW ENFORCEMENT FOUNDATION



**HELP
EDUCATE
THE
CHILDREN
OF THOSE
WHO
SACRIFICED
ALL**

CFC #10507

MC-LEF.org • 877-606-1775

We're Fighting for a World Without Type 1 Diabetes.

JDRF IMPROVING
LIVES.
CURING
TYPE 1
DIABETES.

jdrf.org
Provided as a public service.
CFC #10569

Why Should I Support Your Work?

American Kidney Fund

Fighting on all fronts

When you join our fight, you change lives. You help empower people to prevent kidney disease and slow its progression. You make lifesaving health care affordable and accessible for patients. You support innovation in education for patients and professionals. You promote advances in nephrology research. You're by our side as we fight for patient rights in Congress and the states. *And, you help give patients a voice.*



CFC #11404
KidneyFund.org

Fighting
ON ALL FRONTS

Catholic Charities, Archdiocese of Washington

Inspiring Hope, Building Futures

Our work changes lives. It creates opportunity. It ends isolation. It gives hope. Through more than 50 programs across the District and five surrounding Maryland counties, Catholic Charities offers help to our neighbors struggling with hunger, shelter, employment, medical needs, and much more. We serve everyone who comes to us in need – regardless of social, economic or religious background. *We can do this only with your support. Thank you.*



CFC #83997
CatholicCharitiesDC.org



Cancer Prevention and Treatment Fund

We're here for you with hope and help

We conduct research that helps kids and adults prevent cancer and choose the best treatments. We are fighting to lower the outrageous prices for cancer drugs, because everyone deserves affordable treatments that work. You can trust us because we don't accept donations from companies that sell cancer treatments. *100% of your donation goes to research and to help prevent and treat cancer, 0% for flashy fundraising. Let's fight cancer together!*



CFC #11967
StopCancerFund.org



Farmers and Hunters Feeding the Hungry

"For I was hungry, and you gave me meat."

For food banks, one of the most needed but expensive items is meat. We help fill this need across the nation by getting farmers and hunters to donate deer, elk and livestock, paying local butchers to process the meat, and giving it to food banks, homeless shelters and soup kitchens for distribution.

One deer can provide 160 meals. *Since 1997, we have provided more than 22.5 million meals, helping combat hunger locally and sustainably.*



CFC #10308
FeedingTheHungry.org



Unitarian Universalist Service Committee

Challenging injustice, advancing human rights

Working towards a world free from oppression, UUSC works hand in hand with community-led organizations in the U.S. and around the globe to advance human rights. Our partnership model is grounded in the belief that those confronting injustice hold the solutions to advancing real change. We currently engage with 65 partners in over 30 countries in three intersecting areas: climate justice, migrant justice, and humanitarian crisis response.

Be a part of the movement. Donate today!

CFC #11685
UUSC.org



National Association of American Veterans

Serving Veterans with Honor and Respect

America has left Afghanistan and Iraq, but these countries will never leave many veterans who fought there. More than two in five have a disability. One in five struggles with PTSD or major depression. Many more veterans commit suicide than are killed in action (893 vs. 37 in 2016). *NAAV's volunteers provide basic help to these veterans:* someone to talk to, help when rent or a utility bill is overdue, help navigating the VA bureaucracy. With an overhead of just 1.8%, *your support goes directly to help vets and their families.*



CFC #85065 • NAAVets.org



Why Should I Support Your Work?

JDRF International

We're fighting for a world without Type 1 Diabetes

JDRF leads the fight against type 1 diabetes (T1D) by funding research, advocating for policies that accelerate access to new therapies, and providing a support network for millions of people around the world impacted by T1D. We collaborate with academic institutions, policymakers, and corporate and industry partners to develop and deliver a pipeline of innovative therapies to people living with T1D and ultimately, find cures. **Please help us accelerate progress toward curing, preventing, and better treating T1D and its complications.**



JDRF.org
CFC #10569



The Children's Inn at NIH

"A Place Like Home"

The Children's Inn is a place families can stay as their sick child participates in pediatric research at the National Institutes of Health. Our donors provide housing and supportive services, like nightly dinners, **at no cost to families.**

With your support, we are making childhood possible for the over 1,700 children who stay at The Inn each year, as they search for answers to their tough, and sometimes rare, medical conditions.



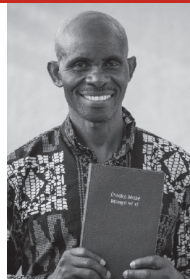
CFC #10324 • ChildrensInn.org The **Children's Inn** at NIH



Wycliffe Bible Translators

Sharing HOPE through Bible translation

People need the message of hope found in Scripture! More than 1,400 language communities still wait for Bible translation to begin. Millions do not have one verse of the Bible. Yet today we're witnessing an exponential acceleration as churches and communities engage remaining languages that need access to God's Word. Wycliffe translates the Bible worldwide. Our vision is to see people from every language understand the Bible and be transformed.



Join what God is doing!



CFC #11737
Wycliffe.org/cfc

Melwood Horticultural Training Center, Inc.

Innovation, Inclusion and Social Good

Melwood is dedicated to creating a world where people with disabilities are fully included. Your contribution will be carefully stewarded to ensure that your support, regardless of the amount, is leveraged to provide maximum benefits to individuals with disabilities, helping them to become wage-earners and a productive part of our community. Second, giving to Melwood makes you part of the Melwood community of individuals, corporations, and charitable institutions **making a real difference for people with disabilities.**



CFC #21166 • Melwood.org



Coalition for the Homeless, Inc. (DC)

Rebuilding Lives – Strengthening Communities

The Coalition provides transitional and permanent housing, help finding jobs, substance abuse counseling and supportive social services to individuals who are homeless or vulnerable. **More people need the services we provide than ever before.** Funds are needed to provide temporary housing, food, bus tokens, household supplies, cash assistance to help individuals avoid becoming homeless, and other items to support the 300 homeless individuals we serve daily.



CFC #83436 • https://DCCFH.org



Mary House

Families in Ministry To Families

Our safe haven provides sanctuary to immigrant and refugee families, allowing them to reclaim their dignity and move forward. Mary House provides shelter, transitional housing, food, education and support services to 60 families. **We rely completely on private donations.** Whether ten dollars or ten thousand dollars, each donation helps provide a safety net for families facing isolation. **We have no salaried staff,** relying on five full-time volunteers, who receive room, board, health insurance and a nominal monthly stipend.

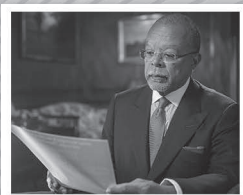


MaryHouse.org • CFC #33368



WETA

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Support your favorite WETA programs through your GFC gift!
Thank you.



99581

melwood

YOUR PATH AWAITS

CFC# 21166



**Building a world that
fully includes people
with disabilities.**

**Donate to advance
jobs and build paths to
independence.**



melwood.org



How to respond to a crisis

Many people who are moved by the human cost of a major disaster such as the fires in Maui want to help. Here are ideas to help you make sure your help is effective.

Think before you give. With today's technology, it's easy to make a quick gift. But the best way to respond to a disaster is a little like responding to an emergency: often it's better to think before you act. Think about how you can best respond.

One problem with making a quick donation is that it often goes to one charity, the Red Cross. One way to find other charities is CharityNavigator.org, which quickly publishes a list of highly rated charities that are responding to specific disasters.

Give money if you can. Money allows charities working on the ground to buy the supplies they need to meet the often quickly changing needs of those affected. Physical donations must be sorted, transported, stored and distributed.

Give locally. One problem with giving to national and international charities is that some don't set up separate funds for specific disasters. Your donation may simply support the charity's overall disaster response capacity. An alternative is to support local charities or funds that are set up to respond to a specific disaster, often by local charities such as the United Way or a community foundation.

Give to meet both short and long-term needs. When a disaster happens, the immediate needs are overwhelming: for rescue, food, shelter. But the harm is long-term: individuals need to heal. Families and communities need to rebuild. This takes resources over time, often years. This is why giving to a local fund often makes sense.

Give to prevent the next disaster. In every state and most countries, charities are working to prevent or mitigate the next disaster, often by protecting the local environment or fighting climate change.

For more tips:

CharityChoices.com/disasters

You can give to these charities NOW at: GiveCFC.org

Alpha Kappa Alpha Educational
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Arlington Free Clinic.....5
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Cancer Prevention and Treatment
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Wycliffe Bible Translators 5, 13

Please don't allow the shutdown threat to impact your giving.

When you make a pledge through the CFC this fall,
it won't impact your pay until **next year**.



THE MICHAEL J. FOX FOUNDATION
FOR PARKINSON'S RESEARCH

CFC # 12227

FUND URGENTLY NEEDED PARKINSON'S BREAKTHROUGHS.



PVA

Paralyzed Veterans of America



Research Foundation

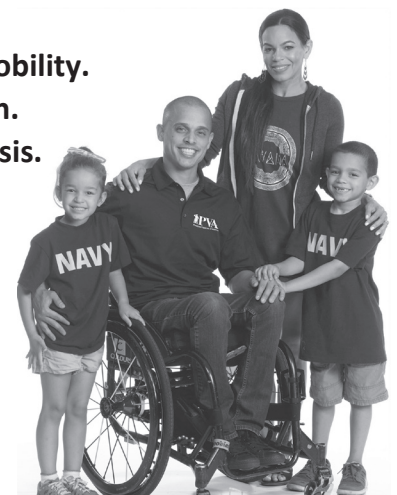
SUPPORT THE CURE

Improve Mobility.

Reduce Pain.

Cure Paralysis.

100% of your
gift funds
cutting-edge
research and
education to
improve
quality of life.



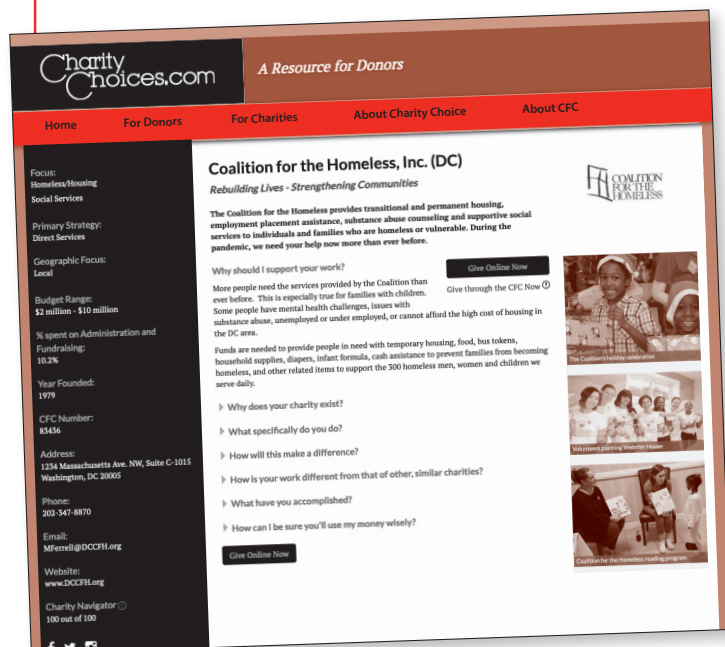
CFC #12096 • pva.org/research

ParalyzedVeterans

PVA1946

“What I like about your website is that it helps me learn what these charities really do with my donation.”

—JULIA COLLINS



As you think about which charities to support, there is no better resource than

CharityChoices.com

We tell you—

- ★ How a charity is making a difference.
- ★ What exactly it does.
- ★ What it's accomplished.
- ★ How much it spends on overhead.
- ★ How it's rated by charity watchdogs.

You can also find links to the charity's website, Facebook page, Twitter feed, videos and more.

Plus useful information for donors such as—

- ★ How to respond to disasters.
- ★ How to quickly check out any charity in the country.

Working Dogs for Vets

Saving Lives at Both Ends of the Leash!



Iraq and Afghanistan Army vet Marlin McDonald with Sadie

Every day:

22 veterans commit suicide.

7,400 dogs are put down.

We rescue dogs and teach vets how to train them to be service dogs.

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