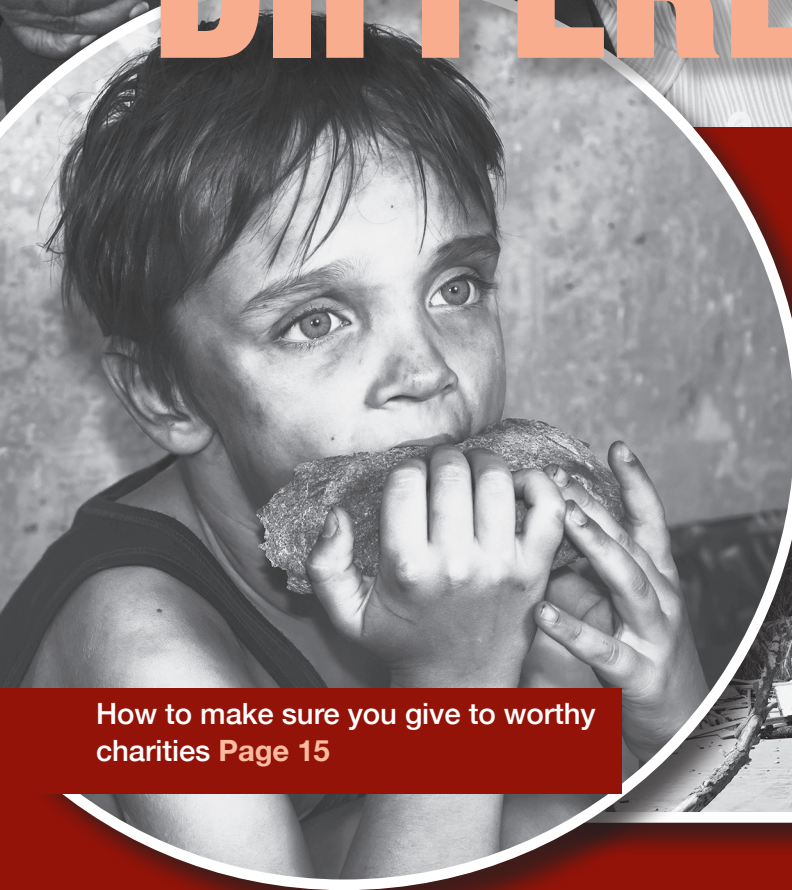




# GIVING Makes a DIFFERENCE

**For those in need  
...and for us**



How to make sure you give to worthy charities **Page 15**



How to respond to a disaster like Hurricane Helene **Page 9**

**A GUIDE** to trustworthy charities  
that are changing lives and  
improving our world

# Why Giving Makes a Difference for the World and for Us

I learned about the value of giving *for me* more than 30 years ago. I'd been helping care for my mother, who had Alzheimer's Disease. I wrote about our experiences together. Shortly after she died, the local Alzheimer's Association, tiny at the time, asked me to support their work, both with a donation and with my time. I gave both.

And the Alzheimer's Association gave me an experience of a lifetime. Over time, I was asked to join the board, eventually becoming its volunteer president.

During the next few years—in large part thanks to the donations of hundreds of government employees through the Combined Federal Campaign—the Association grew from a part-time staff person working at her kitchen table to a half dozen staff providing invaluable support to hundreds of DC-area Alzheimer's patients and their families.



*I now see this as one of my most meaningful experiences: helping build an organization that is still serving families and finding cures. Giving my time and money made a difference for me.*

But what really made the difference were the hundreds of donors who made small gifts to support this local Alzheimer's charity. It was their gifts that gave us the resources

all charities need to carry out their missions. Each of these donors can take pride in knowing their donations made a difference.

Indeed, I take pride in the small donations I made over the years to other charities, many of which I've seen grow into vital institutions that support and advocate for people in need. My modest gifts didn't do that. But my gifts plus those of thousands of other individuals did.

There is no better way to make your donations add up and make a difference than to give at work through the **COMBINED FEDERAL CAMPAIGN**. Last fall your CFC donations of money and time added up to more than \$70 million for charities.

If you can't give through the CFC, you can still join others in supporting charities directly by making monthly pledges. Simply go to each charity's website.

On our website, **Charity Choices.com**, you will find a link to each charity's donation page. You are giving directly to that charity; Charity Choices receives none of your donation.

This GUIDE tells you about dozens of **trustworthy** charities that are making a difference, all of which have met the CFC's accountability standards.

*By giving to charities, you can make a difference...for these charities, for people in need, for yourself.*

## MANY NEEDS TO MEET

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MORE CHOICES!



## 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. 20.2% (#49705) [SmithLifeCommunities.org](http://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. 2.7% (#10041) [SOAR-USA.org](http://SOAR-USA.org)

## 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. 17.3% (#10624) [Defenders.org](http://Defenders.org)

**PHOTOS:** Shutterstock.com, except Earl Dotter (Top left cover).

## 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. 18.5% (#99581)

[WETA.org](http://WETA.org)

## CHILDREN

### Autism Speaks

50 F St. NW, Suite 360  
Washington, DC 08540

One in 36 children has autism. Autism Speaks is dedicated to creating an inclusive world for all individuals with autism throughout their lifespan. We do this through advocacy, services, supports, research and innovation, and advances in care for autistic individuals and their families. 26.9% (#12413)

[AutismSpeaks.org](http://AutismSpeaks.org)

### Children's Inn at NIH

7 West Dr., Bethesda, MD 20814

The mission of The Inn is to provide a free "Place Like Home" to children and their families participating in life-changing NIH studies. Everything we do strives to reduce the burden of illness, make childhood possible, and advance NIH research. 20% (#10324)

[ChildrensInn.org](http://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. 19% (#12223)



### 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! 1.3% (#10984) [WER-US.org](http://WER-US.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. 19.7% (#11252) [NationalParks.org](http://NationalParks.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](http://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.

## CIVIL & HUMAN RIGHTS

### 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. 12.9% (#11714) **ReproductiveFreedomForAllFoundation.org**



## CLIMATE CHANGE

### Environmental and Energy Study Institute (EESI)

1020 19th St. NW, Suite 400  
Washington, DC 20036

Climate change is here, and it demands urgent action. We educate and bring policymakers together to advance nonpartisan, science-based solutions to climate change, energy needs, and other environmental challenges. Our vision is a sustainable, resilient and equitable world. Join us! 27.8% (#10627) **EESI.org**



## DISABILITIES

### Autism Speaks

50 F St. NW, Suite 360, Washington, DC 08540

One in 36 children has autism. Autism Speaks is dedicated to creating an inclusive world for all individuals with autism throughout their lifespan. We do this through advocacy, services, supports, research and innovation, and advances in care for autistic individuals and their families. 26.9% (#12413) **AutismSpeaks.org**

### Melwood Horticultural Training Center, Inc

5606 Dower House Road  
Upper Marlboro, MD 20772

Melwood empowers over 3,000 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. 13.9% (#21166) **Melwood.org**

### Paralyzed Veterans of America Research Foundation

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

Advance spinal cord research! Fund cutting-edge studies and technologies that drive independence and hope for Veterans and others with spinal cord injuries/diseases. 100% of your donation supports breakthroughs in treatments and adaptive devices. Donate today and be the change. 1.3% (#12096) **PVA.org/research**

## 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 right here in the U.S., we provide crucial disaster relief assistance. Children— orphaned, sick, injured, homeless or hungry—find hope through our programs. On page 8, learn more about how we quickly respond to disasters

globally and how we are responding to Hurricane Helene. 1.3% (#10984) **WER-US.org**

## 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. 1.8% (#11173) **AKAEAF.org**

### Jobs for the Future

50 Milk St., 17th Floor, Boston, MA 02109

Millions of people are unfairly shut out of quality jobs. We're changing that. JFF improves our education and workforce so that by 2033, 75 million people facing systemic barriers work in quality jobs. Help build a future that works for everyone. 20.9% (#32969) **JFF.org**

### Marine Corps Law Enforcement Foundation

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

Scholarship accounts to children of Marines, Navy Corpsmen and Federal Law Enforcement Officers who die while on active duty. Over \$93 million awarded since 1995. MCLEF – Educating the children of those who sacrificed all. More than 90% of every dollar goes to the mission. 9.9% (#10507) **MC-LEF.org**



MORE CHOICES!

### 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. 22.3% (#47202) [TAISF.org](http://TAISF.org)

## ENVIRONMENTAL PROTECTION

### Chesapeake Bay Foundation

6 Herndon Avenue  
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. 17.9% (#11325) [CBF.org](http://CBF.org)

### National Parks Conservation Association

777 6<sup>th</sup> 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. 20.0% (#12069) [NPCA.org](http://NPCA.org)

## FAITH-BASED SERVICES

### Catholics for the Poor and Needy Worldwide (Catholic Volunteer Network)

5148 Massachusetts Avenue, Bethesda, MD 20816

Serving in faith, transforming through love! We connect volunteers with opportunities to serve others and make a difference in communities across the globe. Volunteers live simply, work for social justice, and put their faith into action. 24.1% (#10174) [CatholicVolunteerNetwork.org](http://CatholicVolunteerNetwork.org)

*The % figure is how much the charity spends on fund raising and administration (see page 15).*

### Wycliffe Bible Translators

PO Box 628200, Orlando, FL 32862

People need the message of hope found in Scripture! More than 1,000 language communities are still waiting for Bible translation work to begin. Wycliffe's vision is to see people from every language understand the Bible and be transformed. Join what God is doing! 15.7% (#11737) [Wycliffe.org/cfc](http://Wycliffe.org/cfc)



## HEALTH

### American Kidney Fund

11921 Rockville Pike, Ste. 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. 3.0% (#11404) [KidneyFund.org](http://KidneyFund.org)

### Arlington Free Clinic

2921 11th St. South  
Arlington, VA 22204

Arlington Free Clinic advances health equity by providing comprehensive, whole-person healthcare to our neighbors who would otherwise lack access. 15.9% (#86926) (U.W. #8247) [ArlingtonFreeClinic.org](http://ArlingtonFreeClinic.org)

### Cancer Prevention and Treatment Fund

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

Our research helps prevent all types of cancer and guides patients to the best treatments for breast cancer, prostate cancer, lung cancer, colorectal cancer, skin cancer and more. Help support research you can trust and give patients and families help and hope. 6.3% (#11967) [StopCancerFund.org](http://StopCancerFund.org)

### Planned Parenthood Federation of America

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

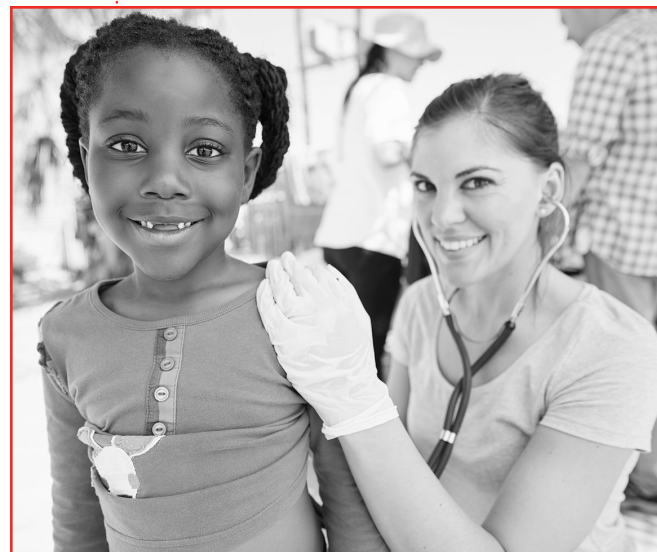
Planned Parenthood Federation of America (PPFA) work to ensure access to affordable, high quality reproductive health care as well as comprehensive and accurate sex education, and to protect reproductive rights. 23.3% (11682) [PlannedParenthood.org](http://PlannedParenthood.org)

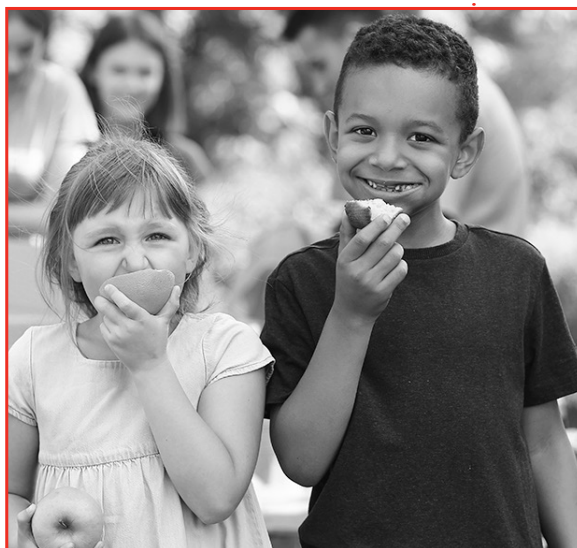
## HOMELESS

### 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. 11.4% (#34256) (U.W. #8385) [ChristHouse.org](http://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. 13.3% (#83436) (U.W. #8194) [DCCFH.org](http://DCCFH.org)

### So Others Might Eat (SOME)

71 O St. NW, Washington, DC 20001

SOME is dedicated to fighting homelessness and poverty in our community. We provide vital services such as food, housing, medical care, and job training to those in need. With your support, we can make a real difference in the lives of those experiencing homelessness and create a brighter future for all. 202-797-8806. 13.7% (#74405) [SOME.org](http://SOME.org)

## HUNGER

### World Emergency Relief/ Children's Defense 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! 1.3% (#10984) [WER-US.org](http://WER-US.org)

### Farmers and Hunters Feeding the Hungry

PO Box 323, Williamsport, MD 21795

Needy children and families are hungry 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! 9.0% (#10308) [FHFH.org](http://FHFH.org)

## INTERNATIONAL

### Children's Fund

P.O. Box 7936, McLean, VA 22106

Because we care about orphans and vulnerable children who lack the resources and support they need to thrive, we provide for their welfare and education, rescuing them from abuse and exploitation, and providing opportunities for them to get an education. 1.8% (#12195) [ChildrensFund.net](http://ChildrensFund.net)

## MEDICAL RESEARCH

### Cancer Research America— National Foundation for Cancer Research

5515 Security Lane, Ste. 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. 27.9% (#11267) [NFCR.org](http://NFCR.org)

### Breakthrough T1D! (formerly JDRF)

200 Vesey St., 28th Floor, New York, NY 10281

As the leading global type 1 diabetes (T1D) research and advocacy organization, Breakthrough T1D helps make everyday life with T1D better while driving toward cures. We do this by investing in the most promising research, advocating for progress by working with government to address issues that impact the T1D community, and helping educate and empower individuals facing this condition. 16.9% (#10569) [BreakthroughT1D.org](http://BreakthroughT1D.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. 8.7% (#12227)

[MichaelJFox.org](http://MichaelJFox.org)

### Paralyzed Veterans of America Research Foundation

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

Advance Spinal cord research! Fund cutting-edge studies and technologies that drive independence and hope for Veterans and others with spinal cord injuries/diseases. 100% of your donation supports breakthroughs in treatments and adaptive devices. Donate today and be the change. 1.3% (#12096)

[PVA.org/research](http://PVA.org/research)

## MILITARY/ VETERANS

### Marine Corps Law Enforcement Foundation

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

Scholarship accounts to children of Marines, Navy Corpsmen and Federal Law Enforcement Officers who die while on active duty. Over \$93 million awarded since 1995. MCLEF – Educating the children of those who sacrificed all. More than 90% of every dollar goes to the mission. 9.9% (#10507) [MC-LEF.org](http://MC-LEF.org)





### National Association of American Veterans

1725 I St. NW, Suite 300, PO Box 6865  
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, housing and financial aid referrals, legal help and career coaching. 1.5% (#85065)

**NAAVets.org**

### Paralyzed Veterans of America Education Foundation

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

Support life-changing resources for Veterans and others with spinal cord injuries/diseases. 100% of your donation will fund vital education programs, including adaptive yoga guides, nutrition plans, clinical training, and fellowships for advancing spinal cord medicine. Donate what you can today! 0.3% (#11958) **PVA.org/education**



### Tuskegee Airmen Scholarship Foundation

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

We ensure the legacy of the Tuskegee Airmen—who helped integrate the military and our country—by awarding scholarships to 40 financially and academically deserving high school seniors every year. 22.3% (#47202)

**TAISF.org**

## SOCIAL/ ECONOMIC JUSTICE

### Jobs for the Future

50 Milk St., 17th Floor  
Boston, MA 02109

Millions of people are unfairly shut out of quality jobs. We're changing that. JFF improves our education and workforce so that by 2033, 75 million people facing systemic barriers work in quality jobs.

Help build a future that works for everyone. 20.9% (#32969) **JFF.org**

### 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. 9.9% (#11685) **UUUC.org**



### Melwood Horticultural Training Center, Inc

5606 Dower House Rd.  
Upper Marlboro, MD 20772

Melwood empowers over 3,000 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. 13.9% (#21166) (U.W. #8148)

**Melwood.org**

## SOCIAL SERVICES

### Catholic Charities, Archdiocese of Washington

914 G St. NW, Washington, DC 20001

Catholic Charities is the most comprehensive social services provider in the Washington area. We offer comfort, care and compassion through access to lower-cost medical and dental care, food and nutrition assistance, counseling and housing assistance, and legal services.

13.1% (#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 5.7% (#33368) **MaryHouse.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. 12.9% (#11714) **ReproductiveFreedomForAllFoundation.org**

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by Charitable Choices.**

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

# Hope for a Brighter Tomorrow – Supporting Children in Crisis

As the winds roared and floodwaters rose, entire communities were torn apart by Hurricanes Helene and Milton. Families lost their homes, their belongings, and, in many cases, their hope for tomorrow.

In the wake of these storms, children are among the most vulnerable, unsure of what comes next or how their lives will ever return to normal.

At **World Emergency Relief/Children's Food Fund (CFC #10984)**, we are on the frontlines, focusing on the immediate needs of families who have lost so much. In the aftermath of these two hurricanes, our first priority was simple: help families survive and comfort children who need it most.

Working with one of our many on-the-ground partners, *we quickly sent 44 truckloads of essential supplies to North Carolina, Tennessee and Florida*, including food, water, paper goods, and cleaning supplies to help with hygiene.

## Disaster Strikes, But Hope Remains.

In every crisis, whether it's a hurricane in the USA or armed conflict displacing families in Africa, children are left vulnerable. Imagine losing everything in a moment: your home, your friends, your school. Children lose not only the safety of their homes but also the sense of security that allows them to grow, learn and thrive.

For many children, the effects of a disaster are long-lasting. It takes time to rebuild not only homes and infrastructure but also a sense of normalcy. This is why we are committed



*World Emergency Relief distributed 44 truckloads of essential supplies in response to Helene and Milton.*



to long-term recovery, helping families rebuild their lives step by step.

When you support WER/CFF, you're doing more than just providing emergency relief. You're restoring hope.

## Sustainable Programs: A Brighter Future.

Beyond immediate recovery, WER/CFF focuses on sustainable programs that lift communities out of poverty and vulnerability, particularly in Third World and developing countries. We know that true recovery means more than rebuilding what was lost—it means creating systems and solutions that will last for generations.

In rural villages where employment is scarce, we develop programs that empower communities to become self-sufficient. In the Democratic Republic of Congo, for example, we developed sewing and auto mechanics programs that have helped parents find long-term employment. In Kavumu, we taught agricultural skills to help communities produce their own food as well as cash crops. These programs not only improve children's daily lives but also create opportunities for their futures. You'll learn about the broad range of our programs at [WER-US.org](http://WER-US.org).

## Your Help Makes All the Difference.

Every child deserves the chance to dream, grow and learn without fear of where their next meal will come from or whether they'll have a roof over their head. By supporting our cause through the CFC, you become a lifeline to children facing unimaginable hardships.

Your pledge provides immediate relief in times of crisis, helps rebuild shattered communities, and invests in long-term, sustainable solutions that ensure brighter futures. And your donation directly helps children and their families: our overhead is just 1.3%.

Through WER/CFF (CFC #10984), your support truly makes a lasting impact! Will you be the hope these children need?



**TUSKEGEE AIRMEN**  
Scholarship Foundation

**TAISF.org**

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

**CFC #47202**





# How to Respond to a Disaster like Hurricane Helene

Many people who are moved by the human cost of a major disaster such as the recent hurricanes want to help. Here are ways to make sure your help is effective.

**Think before you give.** With today's technology, it's easy to make a quick gift, through Facebook, GoFundMe, or by clicking on an online ad. 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.

**Give locally.** One problem with making a quick donation is that it often goes to one charity, the American Red Cross. This helps the Red Cross respond to a disaster and maintain its disaster-response capacity. But supporting the Red Cross may not be the best way to help over time the people and communities that have been hurt by a specific disaster.

An alternative is to support local charities or funds that are set up to respond to a specific disaster, often by the local United Way or a community foundation.

In the North Carolina mountains, for example, the Appalachia Funders Network has set up the **Appalachian Helene Response Fund**, which will provide immediate and sustained



*Recipients of aid sent by World Emergency Relief.*

support to communities in six states hit hardest by Helene.

In Asheville, NC, the local United Way has set up the **Hurricane Helene Relief Fund Buncombe County** to raise money and "ensure that we distribute the dollars raised for this long-term recovery and rebuilding effort in a coordinated manner."

**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. In contrast, physical donations must be sorted, transported, stored and distributed. This all takes resources.

**Give to help people who often don't get much support.** In many disasters, lower-income people, minorities and renters often get less help. As a result, in many communities hit by a disaster,

community-based organizations working in lower-income communities can be a very good way to target your giving.

In North Carolina, for example, the **North Carolina Counts Coalition**, which works with community organizations across the state, has set up a way to support communities hit by Helene. It promises that 100% of the money raised will go to help these communities.

**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 be rebuilt. This takes resources over time, often years. This is why giving to a local fund often makes sense.

**Give to help animals.** Every disaster also impacts animals. Many local charities focus on their needs. In NC, for example, the **Asheville Humane Society** has worked to bring in pet food and to relocate dozens of dogs and cats to a shelter in another NC city.

**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

*(continued on page 14)*

## Help Protect Imperiled Wildlife



[www.defenders.org](http://www.defenders.org)

CFC #10624

If you've been waiting for the right moment to get involved—**this is it.**

**REPRODUCTIVE  
FREEDOM<sup>FOR</sup>  
ALL  
FOUNDATION**



**CFC #11714 | (202)973-3000**

[reproductivefreedomforallfoundation.org](http://reproductivefreedomforallfoundation.org)

## Meeting Veterans' Urgent Needs

### A Volunteer-run Charity Finds Ways to Help Veterans and Their Families

Sometimes, just being there for someone can make all the difference. Constance Burns experienced the power of being there during a visit to Walter Reed National Military Medical Center in 2005.

Burns met a young man who had lost both legs in Afghanistan. When she asked if he wanted to talk, he broke down in tears. He said he did want to talk but felt that no one was interested in what he and his fellow injured veterans had experienced.

*"Life is going on all around us," he told Burns. "People are talking and laughing as if everything is ok. Well, it's not ok for me."*

This is the moment Burns, a retired Defense Department employee, decided to do something for at least some of the two million veterans who have returned from combat in Afghanistan and Iraq.

She started the **National Association of American Veterans (CFC #85065)** as a vehicle to organize volunteers who could be there for veterans, helping them meet their needs, whether it be simply listening to them or helping in concrete ways.

NAAV's more than 30 volunteers respond to more than 14,000 calls for help every year. *"When people come to us," Burns says, "it is as a last resort. We must make things happen for them."*

Here are some of the things that NAAV has made happen for veterans in need in 2024:

- **In Jamestown, TN**, disabled Gulf War Army veteran Jeff Nottingham and his family were about to lose their home to foreclosure. Burns reached out to the bank and NAAV paid more than \$2,000 so they could stay in their home.
- **In San Antonio, TX**, disabled Army veteran Abel Perales and his family was about to have their electricity cut off in the middle of August during intense heat. NAAV paid off what they owed. *"We are very thankful and grateful for your support and professional assistance,"* Perales said.



*"We thank God for NAAV and its supporters for helping us avoid foreclosure and homelessness. We are eternally grateful and blessed for their support and efforts."*

— Laura Nottingham

- **In Mississippi**, the daughter of the late Army Sgt Major Louis Lindsey reached out to Burns and NAAV for help with getting information about her father's headstone and acquiring his certificates of honorable service. *"I am extremely grateful for Constance's expertise,"* said Lillie Lindsey. *"I appreciate her compassion, thoughtfulness and kindness."*

These stories demonstrate the wide range of help and expertise that NAAV's volunteers provide. Its volunteers have more than

60 years of experience working inside the military or the government, so they know how to make things happen: who to call and what help is available.

Plus, because NAAV relies on volunteers, **its overhead is tiny: just 1.8%**. Donations directly help struggling veterans.

The Combined Federal Campaign is one of NAAV's most important sources of support. *"The generosity of federal employees and members of the military are what helps keep us going,"* Burns states.

**THE FIGHT STARTS WITH YOU**

**CFC #11404**

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**American Kidney Fund®**  
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CFC #11252

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THE  
CHILDREN  
OF THOSE  
WHO  
SACRIFICED  
ALL

CFC #10507

We're  
driving  
toward  
cures for  
type 1  
diabetes.



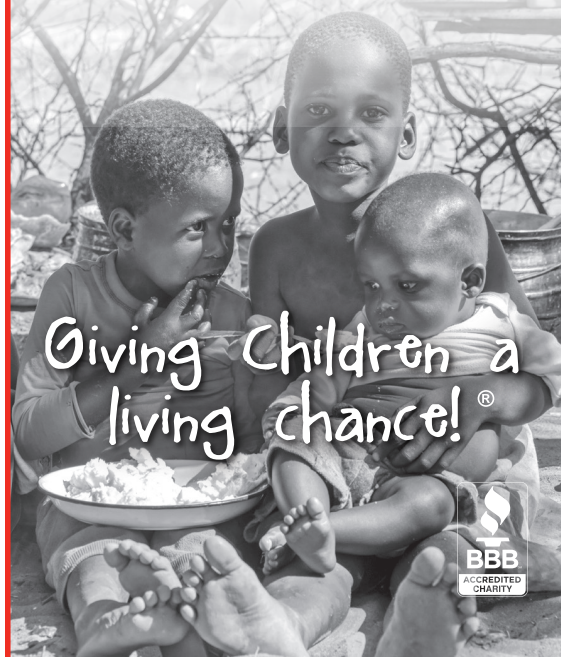
Breakthrough T1D™  
Formerly JDRF

BreakthroughT1D.org Provided as a public service. CFC #10569

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FOOD FUND

A Program of World Emergency Relief



Giving Children a  
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CFC #10984 CFF-WER.org



Paralyzed Veterans of America

Education Foundation

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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](http://pva.org/education)

ParalyzedVeterans

PVA1946

# 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 across state legislatures. *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**

## Defenders of Wildlife

*Protecting and restoring imperiled wildlife across North America and around the world*

Founded in 1947, Defenders of Wildlife is dedicated to protecting and restoring imperiled species and their habitats in North America. Defenders' approach is direct and straightforward—we transform policies and institutions and promote innovative solutions. Go to **defenders.org** to learn more about how we advocate for and protect wildlife—like wolves, bears, whales and so much more—across North America.



**CFC #10624**  
**Defenders.org**



## Support Our Aging Religious – SOAR!

*They were there for us. Now it's our turn to give.*

Sisters, Brothers and religious order Priests—who have given their lives to the Church and its work—are facing a crisis. Many worked for only modest stipends. As their median age rises, their communities have little for retirement. Healthcare costs have soared. *In response, SOAR! awards grants to congregations of Catholic Sisters, Brothers and Priests to care for their retired members.* Your donation addresses their immediate needs and ensures their safety, comfort and dignity. Please help.



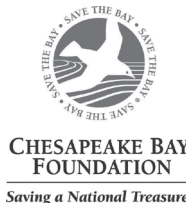
**CFC #10041 • SOAR-USA.org**



## Chesapeake Bay Foundation

*Save the Bay!*

The Chesapeake Bay Foundation works with community partners, governments, and people like you to create a healthy environment for the more than 18 million people living in the Chesapeake Bay watershed. We're making progress toward that goal, but there's a lot of work left to do. **You can help us get there. You can help Save the Bay! Gifts in any amount can and do make a difference.**



**CFC #11325 • CBF.org**



*Photo by Jon Clarke.*



# Why Should I Support Your Work?

## Breakthrough T1D (formerly JDRF)

*We're fighting for a world  
without Type 1 Diabetes*



Breakthrough T1D leads the fight against type 1 diabetes (T1D) by funding research, advocating for policies to speed access to new therapies, and providing a support network for millions around the world impacted by T1D. We collaborate with academic institutions, policymakers, and industry 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.**



**Breakthrough T1D.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.

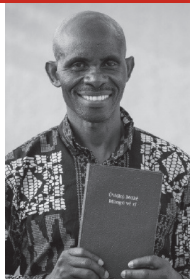


The **Children's Inn** at NIH **CFC #10324 • ChildrensInn.org**

## Wycliffe Bible Translators

*Sharing HOPE through Bible translation*

People need the message of hope found in Scripture! More than 1,000 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 is leveraged to provide maximum benefits to individuals with disabilities, helping them find employment, safe and affordable housing, and become productive members of our community. **Please pledge your support today to make 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 • DCCFH.org**

## Mary House

*Families in Ministry To Families*

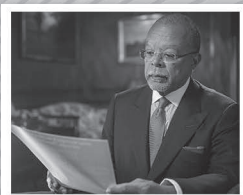
Our safe haven provides sanctuary to immigrant and refugee families, allowing them to reclaim their dignity and move forward. Mary House provides shelter, transitional housing, food, education and support services to 60 families. **We rely completely on private donations.** Whether ten dollars or ten 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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Thank you.



## 99581

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**CFC # 21166**

Building a world that fully  
includes people with  
disabilities.

Donate to advance jobs  
and build paths to  
independence.

**melwood.org**



(From pg. 9)

## How to Respond to a Disaster...

local environment or fighting climate change. The **Florida Wildlife Federation**, for example, says that fighting climate change is one of its top priorities to preserve Florida wildlife.

**Give to real charities.** Before you give, make sure the charity you're supporting is an actual charity. This is easy. Go to [Guidestar.org](http://Guidestar.org) and search on the charity's name.

You can also go to [CharityNavigator.org](http://CharityNavigator.org) to get a list of highly rated charities that are responding to a specific disaster. For Helene, its list includes 25 charities, including a few local charities.

Through Charity Navigator, you can reach each charity's website, which allows you to see what that charity is doing to respond. Look for charities that tell you exactly what they are doing and commit to using donations to help the communities affected by this disaster.

**Give in a way that most helps charities.** A direct gift through a charity's online donation page is often the most efficient way to give. One problem with giving through Facebook is that your data goes to Facebook, not the charity. This makes it hard for charities to connect with and report to their donors, building relationships over time.

**Give to charities you already know and trust.** Many national and international charities regularly respond to disasters. They often have existing connections to people on the ground in communities hit by a disaster, as well as connections to donor companies that can supply water, food, medicine and other critical supplies.

Because food and water is often the most immediate need, a good way to provide quick support is by supporting local food banks. On Florida's Gulf Coast, for example, **Feeding Tampa Bay** provided more than 1 million meals to people impacted by the hurricanes.

Nationally, **Feeding America** works to get relief supplies to local Food Banks. After Helene, it sent 154 truckloads to 11 food banks in five states.



# How to Check Out a Charity

After nearly every disaster, stories emerge about charity scams. It is one reason to be wary of appeals on Facebook, GoFundMe or other social media platforms, unless you have a personal connection or knowledge.

The safest way to give is to do it through a reputable charity, but not all are reputable. Fortunately, it's easy to check them out.

**Is it part of the CFC?** One benefit of giving through the federal charity drive is that every charity must meet basic accountability standards, such as having an annual audit. It must apply every year and submit its IRS tax form, which the CFC uses to tell you the charity's overhead percentage. Anyone can research charities on the CFC website: [GiveCFC.org](http://GiveCFC.org).

**While every CFC charity is a legitimate charity, there are big differences among them**

**Look at a charity's website.** You can learn a lot by looking at a charity's website. The CFC's site has a link to each

charity's site. Click on it. Many CFC charities have very impressive, useful websites. Some don't.

## **Check out a charity on [Guidestar.org](http://Guidestar.org).**

If a charity's website is not impressive, it could be simply that it doesn't choose to spend money on its site. You can learn more about a charity by going to Guidestar, which collects the annual reports that charities file with the IRS every year (990 reports). Simply put in the charity's name. If it's legitimate, it will come up. You'll learn when it was started and its budget.

**To learn more, look at the charity's 990 annual reports.** You can find these reports on Guidestar. To access them, you'll need to create an account, but it's easy to do and you won't be inundated with emails. On a 990, you can find out how much a charity pays its top leaders, who gets large contracts, how much it spends on overhead, who sits on its board, and much more.

## **Be wary of low overhead.**

Overhead is how much a

charity spends on management and fund raising. It costs money to build and manage a charity. It costs money to raise money. If a charity's overhead is under about a third of its budget, it's worthy of your support.

***But charities with very low overhead may still be doing substantial work.***

Many rely on volunteers. Others rely on a network of partners. The charity works as an intermediary, providing advice and training, coordinating logistics, raising money to help its partners.





**Most charities do good and important work.** The worst thing about charity scams is that they erode people's trust in all charities. We've worked with many charities over the years. Almost every one is staffed by people who care deeply about their work. If you care about the work a charity does, it deserves and needs your support.



 **THE MICHAEL J. FOX FOUNDATION  
FOR PARKINSON'S RESEARCH**

# CFC # 12227

FUND URGENTLY NEEDED PARKINSON'S BREAKTHROUGHS.


**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](http://pva.org/research)**

**f ParalyzedVeterans** **Twitter Instagram PVA1946**

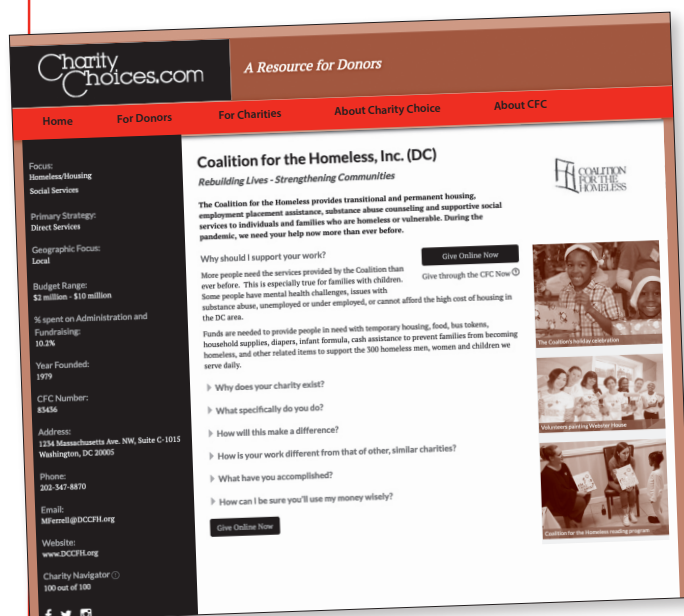
# You can give to these charities NOW at: **GiveCFC.org** or by making a direct gift

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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.