

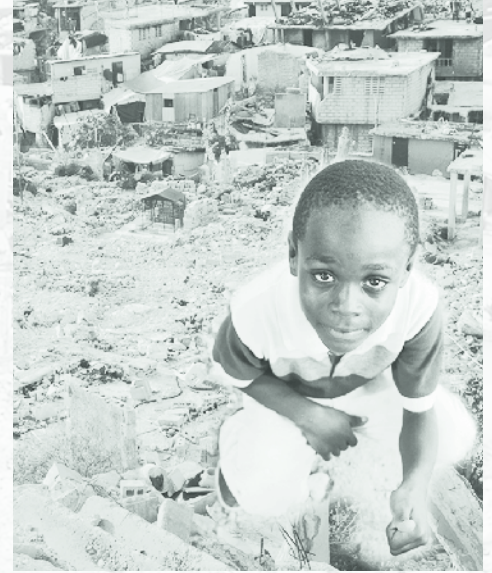
# THE NEEDS ARE ENORMOUS



Ethiopia



Indonesia



Haiti

## PLEASE HELP IN ANY WAY YOU CAN

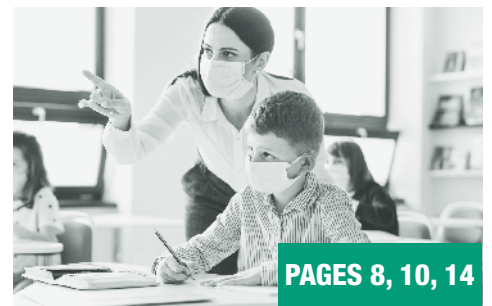
A Guide to Trustworthy Charities You Can Help  
Through the Combined Federal Campaign or by making a direct gift



How much do Americans give?



Why should I support your charity?



Stories of charities making a difference.

**Make your CFC donation through: [CFCGiving.opm.gov](https://CFCGiving.opm.gov)**

# A time to give whatever we can

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240-683-7100 or  
[info@CharityChoices.com](mailto:info@CharityChoices.com)

This year the list of crises never ends, both here and around the world.

- Wildfires in the West.
- Hurricanes in Haiti and Louisiana.
- Floods in New York City.
- Famine in Ethiopia.
- A continuing pandemic that has killed 750,000+ Americans.

At the same time, the other needs don't go away: homeless families, inequality, diseases without cures, vets struggling with disabilities, wildlife struggling to survive.

**I**t can be overwhelming. What can you do? How do you decide who to help? Three ideas to keep in mind:

1. **No matter how much you give, it makes a difference.** It adds up. Most of the \$471 billion Americans give away still comes from non-wealthy donors.
2. **Through your support, charities have done amazing things.** They've helped us understand and begin to address climate change that has contributed to many of today's crises. They helped spur research on and find cures to once incurable diseases. They've helped the homeless, hungry children, abused animals and much more.
3. **Plan your giving.** As humans, we have to respond to crises when we can. But we also need to take a minute to think through our giving.



**O**ne excellent way to think through your giving is taking advantage of a workplace campaign, like the Combined Federal Campaign. Through the CFC, you can think through your giving once a year, supporting many charities by having a little deducted from each paycheck.

Every charity in the "CFC"—and every charity in this guide—has met the campaign's accountability standards, such as having an audit. And whatever you care about, you can find a CFC charity that is responding. To give, go to **CFCgiving.opm.gov**.

**If you're not a federal or military employee**, you can give to these charities directly, through their websites. At **CharityChoices.com**, you'll find a link to each charity's giving page. None of your donation goes to the sponsors of this guide. You'll also find in-depth information about every charity in this guide, as well as dozens of others.

Whichever causes you choose to support, **please give as generously as you can.** Thank you.



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. 17.3% (#49705) [SmithLifeCommunities.org](http://SmithLifeCommunities.org)

### Jewish Council for the Aging of Greater Washington (JCA)

12320 Parklawn Dr., Rockville, MD 20852

Helping over 31,000 local elders of all faiths to thrive through award-winning programs that include adult day services, transportation, employment programs, caregiver support, information, outreach and diverse, intergenerational services. 24.2% (#52847) (U.W. #8127) [AccessJCA.org](http://AccessJCA.org)



### Support Our Aging Religious (SOAR!)

3025 4<sup>th</sup> St. NE, Suite 14  
Washington, DC 20017

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. 6.1% (#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. 17.2% (#10624) [Defenders.org](http://Defenders.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. 18.7% (#99581) [WETA.org](http://WETA.org)



## CHILDREN

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

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! 4% (#10984) [CFF-WER.org](http://CFF-WER.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. 35.5% (#10324) [ChildrensInn.org](http://ChildrensInn.org)

## CLIMATE CHANGE

### Environmental and Energy Study Institute (EESI)

1020 19<sup>th</sup> St. NW, Suite 650, Washington, DC 20036

We engage with Congress to advance win-win nonpartisan solutions to address climate change urgently and equitably. We're also expanding work to help families implement accessible, affordable energy upgrades. Join us! 17.4% (#10627) [EESI.org](http://EESI.org)

This is the charity's website. You will find a link to each charity's website at [CharityChoices.com](http://CharityChoices.com).

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

### Christ House

1717 Columbia Rd. NW  
Washington, DC 20009

Comprehensive health 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. 20.0% (#34256) (U.W. #8385) [ChristHouse.org](http://ChristHouse.org)

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

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

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

## CONSERVATION

### The Nature Conservancy

4245 N. Fairfax Dr., Suite 100  
Arlington, VA 22203

The Nature Conservancy is a global environmental nonprofit working to create a world where people and nature can thrive. Learn more at [nature.org](https://nature.org). 30.9% (#10643) [Nature.org](https://nature.org)

### National Park Foundation

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

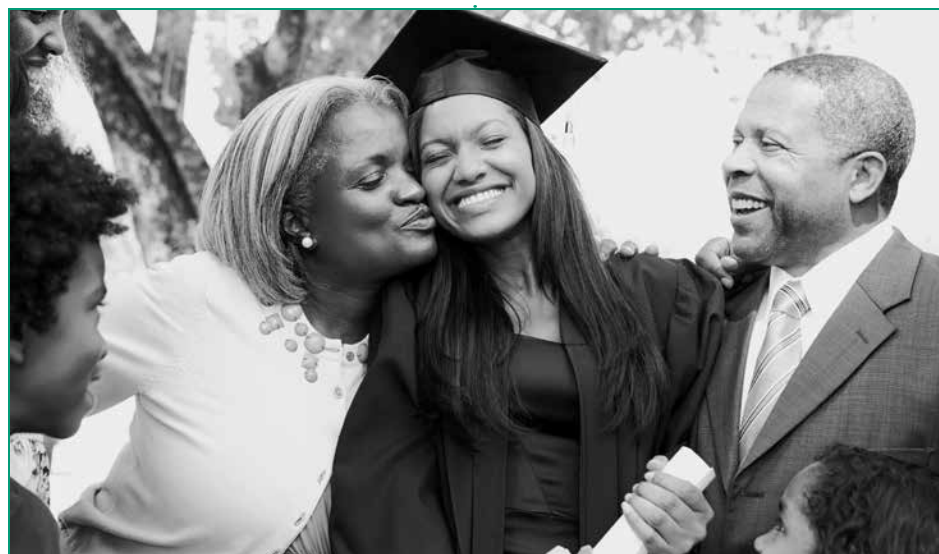
As the official nonprofit partner of the National Park Service, the National Park Foundation generates private support and builds strategic partnerships to protect and enhance America's national parks for present and future generations. 34.2% (#11252) [NationalParks.org](https://NationalParks.org)

## DISABILITIES

### Adaptive Tennis US

105 Massbury St., Gaithersburg, MD 20878

Regardless of prior trauma, experiences or unfortunate circumstances, Adaptive Tennis US seeks to use the game of tennis as a means of reintegration and to create a connection for continued existence for military veterans and others. 0.0% (#92757) [AdaptiveTennisus.com](https://AdaptiveTennisus.com)



### 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 for autism and related conditions. 21.8% (#12413)

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

### Paralyzed Veterans of America Spinal Cord Research Foundation

801 18<sup>th</sup> St. NW, Washington, DC 20006

All your donation goes to fund research to restore function and improve the quality of life for veterans and all others paralyzed by spinal cord injury or disease. Great progress is being made, with your support. Thank you. 3% (#12096)

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

## DISASTER RELIEF

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

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

Recent world disasters, some of historic proportion, have left children orphaned, sick, hurt, homeless or starving. By donating, you are "giving children a living chance." The pandemic is impacting every community in which we work. 4% (#10984) [CFF-WER.org](https://CFF-WER.org)

### Food For The Poor

6401 Lyons Rd., Coconut Creek, FL 33073

When poverty-stricken Caribbean and Latin American nations are devastated by storms, earthquakes and natural disasters, Food For The Poor provides immediate emergency relief assistance, and assists communities with long-term rebuilding. Since March, Food For The Poor has shipped 1,186 tractor-trailer loads, including 725 containers specifically for COVID-19 relief. 5.3% (#10328)

[FoodForThePoor.org](https://FoodForThePoor.org)

### Samaritan's Purse

PO Box 3000, Boone, NC 28607

Samaritan's Purse is a Christian Relief organization dedicated to saving lives and reducing suffering caused by wars, disease, famine and natural disasters. We work in 100 Countries across the globe. 13% (#10532) [SamaritansPurse.org](https://SamaritansPurse.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. 4.8% (#11173) [AKAEAF.org](https://AKAEAF.org)



MORE CHOICES!



### Tuskegee Airmen Scholarship Foundation

1816 S. Figueroa St., #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. 22.7% (#47202) [TAISF.org](http://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. 20.8% (#11325) [CBF.org](http://CBF.org)

### National Parks Conservation Association

777 Sixth St. NW, #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. 15.7% (#12069) [NPCA.org](http://NPCA.org)

**The % figure is administration  
and fund raising expenses.**



## FAITH-BASED SERVICES

### Food For The Poor

6401 Lyons Rd., Coconut Creek, FL 33073

Food For The Poor serves the poor in 17 countries in the Caribbean and Latin America, providing food, housing, water, healthcare, education, emergency relief and sustainable development. 5.3% (#10328) [FoodForThePoor.org](http://FoodForThePoor.org)

### Wycliffe Bible Translators

PO Box 628200, Orlando, FL 32862

The hope found in the Bible is needed now more than ever. Yet 2,000 languages still lack it. Wycliffe is an international Christian ministry that translates Scripture and teaches literacy, bringing life transformation to communities worldwide. 15.6% (#11737) [Wycliffe.org/cfc](http://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, innovation and clinical research, advocacy, and financial assistance. AKF fights to reach the 37 million Americans living with kidney disease and the millions more at risk. 2.4% (#11404) [KidneyFund.org](http://KidneyFund.org)



### Arlington Free Clinic

2921 11th St. South, Arlington, VA 22204

Arlington Free Clinic provides free, high quality healthcare to low-income uninsured Arlington County adults through the generosity of donors and volunteers. 19.1% (#86926) (U.W. #8247) [ArlingtonFreeClinic.org](http://ArlingtonFreeClinic.org)

### 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 for autism and related conditions. 21.8% (#12413) [AutismSpeaks.org](http://AutismSpeaks.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. 1.1% (#11967) [StopCancerFund.org](http://StopCancerFund.org)

**Diabetes National Institute**

9109 Levelle Dr.  
Chevy Chase, MD 20815

Create better futures for people with diabetes by sponsoring diabetes research, educational grants, free educational workshops, nutrition consultations and support groups in the Metro DC area, educational newsletters and a free educational library. 12.7% (#60349) (U.W. #8121) [DiabetesNI.org](http://DiabetesNI.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! 7.4% (#10308) [FHH.org](http://FHH.org)

**HOMELESS****Christ House**

1717 Columbia Rd. NW, Washington, DC 20009

Comprehensive health 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. 20.0% (#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 and families who are homeless or vulnerable. 10.2% (#83436) (U.W. #8194) [DCCFH.org](http://DCCFH.org)

**So Others Might Eat (SOME)**

71 O St. NW, Washington, DC 20001

So Others Might Eat (SOME) restores hope and dignity to the homeless through comprehensive services, including meals (1,200 served daily), medical care, addiction treatment, job training and more than 1,000 units of permanent affordable housing. 202-797-8806. 12.4% (#74405) [SOME.org](http://SOME.org)

**INTERNATIONAL****Food For The Poor**

6401 Lyons Rd., Coconut Creek, FL 33073

Food For The Poor works to end the suffering of impoverished children and families in the Caribbean and Latin America. FFTP is an interdenominational Christian ministry that provides emergency relief assistance, clean water, medicine, educational materials, homes, support for vulnerable children, care for the aged, skills training and micro-enterprise development assistance. 5.3% (#10328) [FoodForThePoor.org](http://FoodForThePoor.org)

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

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! 4% (#10984) [CFF-WER.org](http://CFF-WER.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. 30.9% (#11267) [NCFR.org](http://NCFR.org)

**Diabetes Research Institute Foundation**

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

A recognized world leader, the DRI is committed to curing children and adults living with diabetes and leads the world in bringing promising treatments to patients as quickly as possible. 43.1% (#11149) [DiabetesResearch.org](http://DiabetesResearch.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 research. 12.7% (#12227) [MichaelJFox.org](http://MichaelJFox.org)

**Paralyzed Veterans of America Spinal Cord Research Foundation**

801 18<sup>th</sup> St. NW, Washington, DC 20006

All your donation goes to fund research to restore function and improve the quality of life for veterans and all others paralyzed by spinal cord injury or disease. Great progress is being made, with your support. Thank you. 3% (#12096) [PVA.org/research](http://PVA.org/research)



## MILITARY/VETERANS

### Adaptive Tennis US

105 Massbury St., Gaithersburg, MD 20878

Regardless of prior trauma, experiences or unfortunate circumstances, Adaptive Tennis US seeks to use the game of tennis as a means of reintegration and to create a connection for continued existence for military veterans and others. 0.0% (#92757) [AdaptiveTennisus.com](http://AdaptiveTennisus.com)

### 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 \$79 million awarded since 1995. MCLEF - Educating the children of those who sacrificed all. More than 94% of every dollar goes toward the mission. 6.2% (#10507) [MC-LEF.org](http://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. 5.3% (#85065) [NAAVets.org](http://NAAVets.org)

### Paralyzed Veterans of America Spinal Cord Injury Education and Training Foundation

801 18<sup>th</sup> St. NW, Washington, DC 20006

All your donation goes to fund educational projects that improve the lives of veterans and others with spinal cord dysfunction. The projects focus on helping caregivers and healthcare providers better meet the needs of paralyzed veterans. 3.4% (#11958) [PVA.org/education](http://PVA.org/education)

## POVERTY

### Food for the Hungry

1224 E. Washington St., Phoenix, AZ 85034

Food for the Hungry (FH) is a Christian humanitarian organization ending all forms of human poverty through life-changing development programs, disaster relief, and advocacy. FH serves more than 5.3 million people in over 20 countries worldwide. 20.5% (#11732) [FH.org](http://FH.org)

### Food For The Poor

6401 Lyons Rd., Coconut Creek, FL 33073

Founded in 1982, Food For The Poor serves the poor in 17 countries in the Caribbean and Latin America, providing food, housing, water, healthcare, education, emergency relief and sustainable development. 5.3% (#10328) [FoodForThePoor.org](http://FoodForThePoor.org)

## PUBLIC SAFETY

### Concerns of Police Survivors

PO Box 3199, Camdenton, MO 65020

COPS is a nonprofit with 55 chapters across the country. Our members are always prepared to help survivors when they need it, where they need it. Our mission is to “rebuild shattered lives” of the surviving family members and co-workers affected by line-of-duty death. Our 51,000 members are survivors themselves. 10.1% (#11183) [NationalCops.org](http://NationalCops.org)

Learn more about the work of each of these charities:  
**CharityChoices.com**



## SOCIAL SERVICES

### 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](mailto:casademary@aol.com) 1.6% (#33368) [MaryHouse.org](http://MaryHouse.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. 18.9% (#11685) [UUSC.org](http://UUSC.org)

## WOMEN

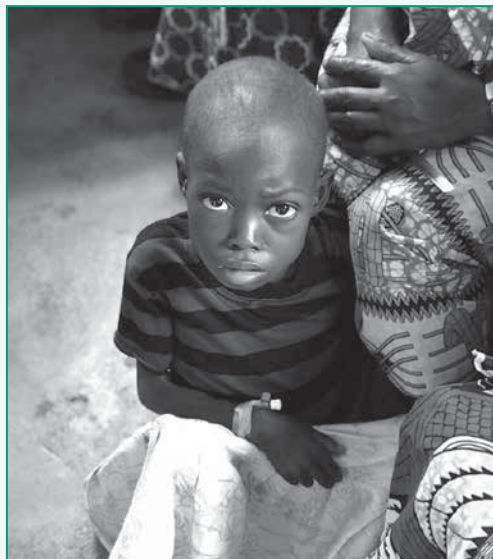
### NARAL Pro-Choice America Foundation

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

With more than 2.5 million members, representing every US state and territory, NARAL has been on the front lines organizing and mobilizing to preserve and expand reproductive freedom and abortion access for all, for more than 50 years. 14.7% (#11714) [ProChoiceAmerica.org/foundation](http://ProChoiceAmerica.org/foundation)

## How to feed 100 children a day for \$28

"Our doctors found Princess lying on the floor of a group hospital room in Lwiro, DR Congo," explains Kristy Scott, director of **Children's Food Fund/World Emergency Relief** (CFF/WER). "She was severely malnourished, so weak she could barely stand."



*"It's incredibly rewarding to know you've made a difference."*

The doctors immediately admitted 7-year-old Princess to the hospital to receive IV fluids and therapeutic milk – the first life-saving step in CFF/WER's malnutrition program. Princess was so tiny she fit in a baby's bed in the ICU.

After two months of milk, medicine and treatments for ailments including TB, Princess

entered into CFF/WER's malnutrition program. It arranged for Momma Flo, a friend who lives near the hospital, to care for Princess for six months – nursing her back to the now healthy, happy 8-year old girl she is today. Princess now lives with her mother and 10 siblings, attending school for the first time.

Princess is just one of the estimated five million malnourished children in DR Congo who are also at high risk of contracting malaria, tuberculosis, cholera and the measles.

"The extraordinary scale of suffering in this country is horrifying," Scott says. "Violence, hunger and disease are ever present. It breaks my heart that we can't save all the children."

But **CFF/WER (CFC #10984)** does what it can, working with local partners in Lwiro and Kaziba to provide enough food to feed 100 children at a cost of just \$28 a day.

This is how CFF/WER works across Africa and Asia, using trustworthy partners as its everyday "boots on the ground" to help people in need, especially children. And CFF/WER provides not just food, but also life-saving medicine, water filters and agricultural supplies, with an overhead of just 4% of donated resources.

"I wish we had the means to do more," Scott says. "Seeing the impact of our efforts on children like Princess is what keeps me going. It can be heart-breaking work, but also incredibly rewarding to know you've made a difference."

*Princess  
with  
Momma  
Flo*



*"Princess was so weak she could barely stand."*



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



**CFC #12413**

Learn more at [autismspeaks.org](http://autismspeaks.org)

**autism  
speaks**

**Fund  
Urgently  
Needed  
Parkinson's  
Breakthroughs**

**CFC # 12227**



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



FH.org CFC #11732



**FOOD FOR THE HUNGRY**

**SHE DESERVES BETTER**

**Military women have less access to abortion and reproductive healthcare.**  
We make sure that when women sign up to protect our country, they aren't signing away their rights.

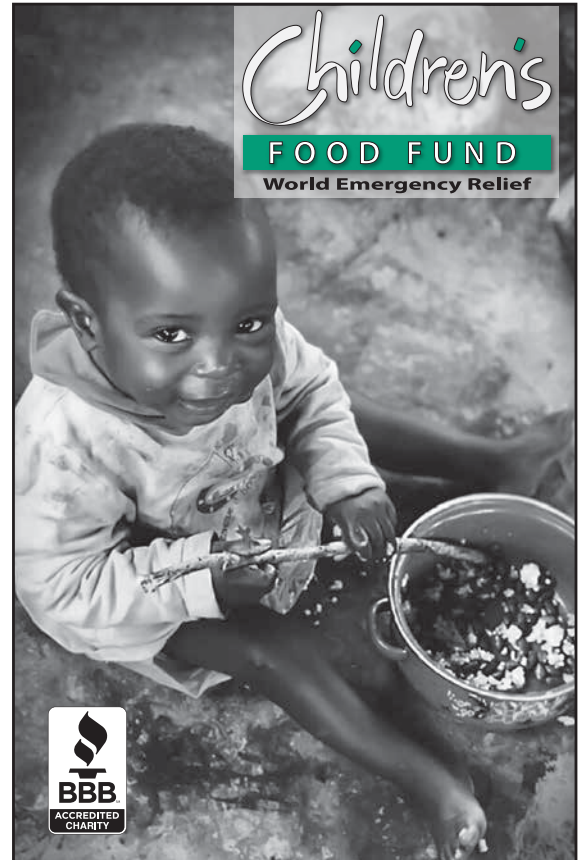


**NARAL**  
PRO-CHOICE AMERICA FOUNDATION

CFC #11714

www.ProChoiceAmericaFdn.org  
(202) 973-3000

**Children's**  
**FOOD FUND**  
World Emergency Relief



BBB  
ACCREDITED CHARITY

www.CFF-WER.org CFC #10984

**Help Protect Imperiled Wildlife**




DEFENDERS OF WILDLIFE

OREGON DEPARTMENT OF FISH AND WILDLIFE


www.defenders.org CFC #10624

Help inspire the next generation of justice leaders.



CFC #11685

**UUSC** Challenging Injustice, Advancing Human Rights


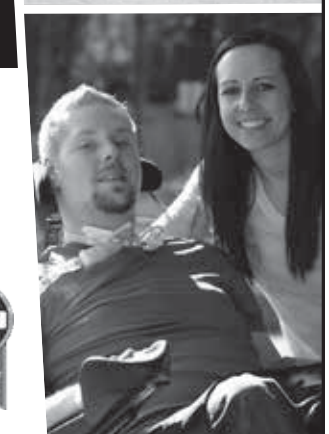
 **Paralyzed Veterans of America**  
Spinal Cord Injury Education & Training Foundation

**EDUCATION CHANGES LIVES**  
*Give to make a difference*

With your support, we develop teaching tools, disseminate research, and teach healthcare professionals to encourage independence and improve the quality of life for veterans and all people with spinal cord injury and disease.

Award winning non-profit!

GUIDESTAR PLATINUM RATING  
DMA ORGANIZATION of the YEAR  
BEST ORGANIZATION FOR EMPLOYMENT OPPORTUNITIES FOR DISABLED

CFC #11958 • pva.org/education  
f ParalyzedVeterans • PVA1946

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



## 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 (momma) 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.



*"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!"*

"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 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.


**National Park Foundation**  
WONDER CALLS

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

Give at [nationalparks.org](http://nationalparks.org) CFC #11252

THE FIGHT STARTS  
**WITH YOU**

CFC #11404  
**HELP END KIDNEY DISEASE**

 American Kidney Fund®  
FIGHTING ON ALL FRONTS

**DONATE**



**Our vision  
is a  
world  
without  
diabetes.**



**DRI** Diabetes  
Research  
Institute  
FOUNDATION

**CFC#11149**

**DiabetesResearch.org**



**TO SOME**  
**YOUR HELP MEANS EVERYTHING**

Hunger takes many forms.  
Hunger for food, hunger for affordable housing,  
hunger for jobs, hunger for hope.

For those who hunger for a fresh start, you can make  
a difference. Help SOME restore hope and dignity  
one person at a time.

**CFC #74405**



To make a tax-deductible contribution  
to SOME, call 202.797.8806 or go to  
[www.some.org](http://www.some.org). Please designate  
SOME. CFC #74405 United Way #8189

## 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**

## From The Battlefield To The Tennis Court



**CFC# 92757**

Adaptive Tennis US seeks to use the game of tennis as a means of  
reintegration and to create a connection for existence.

Giving back to those who have sacrificed so much for us!

[www.adaptivetennisus.com](http://www.adaptivetennisus.com)



Damian Wright  
-USMC retired



**Trusted news, beautiful music, educational kids shows,  
history, science, drama: your window to the world!**



**Support your favorite WETA programs through your CFC gift!**  
**Thank you.**



**99581**

## How much do Americans give?

In 2020, despite the pandemic and  
economic downturn, giving went up  
nearly 4%, to \$471 billion. Individuals  
gave more than two thirds of this total  
(68.8%). The rest came from foundations,  
corporations and bequests.

However, the percentage of people who  
give at all has been declining. It was 66%  
of all households in 2000. It was under  
50% (49.6%) in 2018. Part of it is fewer  
people attending and supporting churches.  
Part of it is people under 40 giving to  
charities at a much lower rate: about 33%.

This downward trend changed in 2020,  
with the number of donors going up  
7.3% from 2019. Most of this increase  
was driven by donors giving small  
amounts.

# Why Should I Support Your Work?

## 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 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**

## National Association of American Veterans

*Serving Veterans with Honor and Respect*

As America leaves Afghanistan and Iraq, 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 5.3%, **your support goes directly to help vets and their families.**



**CFC #85065 • NAAVets.org**

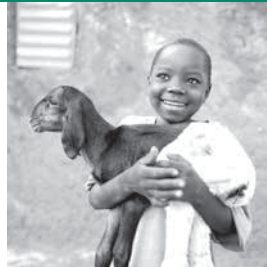
## Samaritan's Purse

*Helping in Jesus' Name*

Following the example of the Good Samaritan (Luke 10), Samaritan's Purse goes to the aid of the world's poor, sick and suffering with food, medicine, clean water and other assistance in over 100 countries. As president of Samaritan's Purse, Franklin Graham, describes why we help those in need: *"Whether it's here or anywhere else in the world, the answer is always, 'We have come to help you in the Name of the Lord Jesus Christ.'"*



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**CFC #10532**  
**SamaritansPurse.org**

## Paralyzed Veterans of America Spinal Cord Research Foundation

*Support the Cure!*

We support innovative research to find a cure as well as to improve people's everyday lives. **100% of your gift supports:**



**Paralyzed Veterans of America**

- Basic research to regenerate nerve fibers.
- Studies of how to lessen the many effects of spinal cord injuries and disease.
- Design and development of technology that allows people to do more, such as adaptive canoe seats.
- Fellowships to get scientists, clinicians and engineers to focus on spinal cord injuries.



**CFC #12096 • PVA.org/research**

## Adaptive Tennis US

*Making tennis accessible for those with disabilities*

"Tennis teaches that you need to survive any loss by getting better," explains Damian Wright, a former youth tennis player and Marine, who lost a leg while deployed. For many, a disability like this leads to isolation and frustration. But working with disabled soldiers at Walter Reed's Soldier Recovery Unit, Adaptive Tennis has developed innovative ways to use tennis to restore confidence and self worth for all who struggle with physical or mental disabilities. Wright says AT *"didn't treat my amputation as a handicap but as another challenge to overcome and adapt."*



**CFC #92757 • AdaptiveTennisUS.com**



## Hebrew Home of Greater Washington

*Compassionate care for DC elderly for 100+ years*

Hebrew Home faces a financial shortfall because Medicaid, which over 70 percent of our residents depend on for their care, doesn't come close to covering the cost of the comprehensive care and programs that we provide. Your continued support is needed now more than ever as CESLC continues to create safe and healthful environments filled with innovative programs and patient-centered care.



**Charles E. Smith Life Communities**  
HEBREW HOME OF GREATER WASHINGTON  
COHEN-ROSEN HOUSE • ELDERSAFE CENTER  
HIRSH HEALTH CENTER • LANDOW HOUSE  
REVITZ HOUSE • RING HOUSE



**CFC #49705**  
**SmithLifeCommunities.org**



# 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**

## 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*

The hope found in the Bible is needed now more than ever. Yet 2,000 languages lack these words that tell of God's love. Wycliffe is an international Christian ministry that translates God's Word and teaches literacy.

In Nigeria, a woman named Martha received audio Scripture in her own language. "Those words make sense to me; they sink in," Martha said. She discovered Christ through Scripture. **Help bring life transformation to many more worldwide!**



**CFC #11737 • Wycliffe.org/cfc**

## 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.



**CFC #33368 • MaryHouse.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**



## 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**

## SOAR: Supporting Oyster Aquaculture and Restoration

Oyster aquaculture in the United States provides jobs in coastal communities, provides a sustainable source of seafood and can help improve ocean health by providing habitat for fish and improving water quality. But, COVID-19 and the resulting restaurant closures have led to a dramatic decrease in demand for farmed shellfish, leaving oyster farmers across the country struggling to market their products.

This lack of demand has caused a growing surplus of oysters that are becoming oversized for the traditional “raw bar” market. This accumulating supply could lead to a potential collapse in oyster prices. Combined with growers’ loss of income from restaurant sales since March 2020, this puts more than 3,000 jobs in the oyster aquaculture industry at risk.

Oysters are more than just a niche, higher-end food. A healthy adult oyster can filter up to 50 gallons of water daily, removing excess nutrients and other pollutants in coastal waters, often caused by runoff of land-based agriculture. Multiply that by the hundreds of thousands of oysters forming a reef and the living water filtration service they provide can be significant. The reefs also help protect shorelines from erosion by serving as natural buffers against rising tides and hurricanes. But despite the many benefits they provide, oyster reefs are the most imperiled marine habitat on Earth. Globally, over 85% of oyster reefs have disappeared due to overharvesting, diseases and habitat modification.

But there’s a way to protect oysters and the benefits they provide *and* help oyster farmers impacted by the economic downturn. **The Nature Conservancy (CFC # 10643)** is working with its partners to purchase more than 5 million surplus farmed oysters and use them in nearby oyster restoration projects—a win-win for these environmentally friendly businesses and for our ocean ecosystems.

*Despite the many benefits they provide, oyster reefs are the most imperiled marine habitat on Earth.*

Created in collaboration with Pew Charitable Trusts, U.S. National Oceanic and Atmospheric Administration (NOAA) and the U.S. Dept. of Agriculture, the Supporting Oyster Aquaculture and Restoration (SOAR) initiative aims to extend \$2 million in payments to oyster farmers over the next two years. The program expects to support more than 100 shellfish companies and preserve over 200 critical jobs in northern New England, the Mid-Atlantic and Washington state. Simultaneously, over 5 million oysters will be deployed to rebuild 27 acres of imperiled native shellfish reefs across 20 restoration sites.

In early 2021, the initiative also established a Shellfish Growers Resiliency Fund in partnership with Pew, NOAA, state management agencies, and shellfish



Jerry and Marcy Monkman/EcoPhoto

growers’ associations. The Fund aims to pave the way for a more resilient and sustainable U.S. shellfish industry that benefits the ocean and the communities which rely upon it.

The Fund will extend \$1 million in funding to shellfish growers and aligned organizations to further collaborative marine conservation efforts and increase economic opportunities for shellfish farming in the United States. To learn more about the initiative, please visit [nature.org/SOAR](http://nature.org/SOAR).

### MARINE CORPS-LAW ENFORCEMENT FOUNDATION



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THE  
CHILDREN  
OF THOSE  
WHO  
SACRIFICED  
ALL

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CFC #10507



### TUSKEGEE AIRMEN Scholarship Foundation

*Providing  
Scholarships to  
academically  
deserving  
students who dare  
to dream big*



CFC #47202

TAISF.org



# Many Ways To Help

To give through the "CFC": [CFCGiving.opm.gov](http://CFCGiving.opm.gov)

To learn more about these charities: [CharityChoices.com](http://CharityChoices.com)

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**Paralyzed Veterans  
of America**

Spinal Cord Research Foundation

## SUPPORT THE CURE

*Your donation enables new research  
for veterans and everyone with spinal  
cord injury or disease.*

Researching  
methods to  
regenerate  
nerve fibers

Decreasing  
the effects of  
spinal cord  
injury and  
disease

Developing  
adaptive  
technology

Award winning  
non-profit!



CFC #12096 • [pva.org/research](http://pva.org/research)

[f](https://www.facebook.com/ParalyzedVeterans) ParalyzedVeterans • [i](https://www.instagram.com/PVA1946) PVA1946

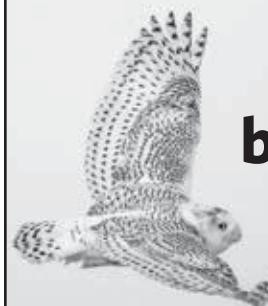
100% of your donation supports  
this work. Paralyzed Veterans  
pays all overhead costs.

The Nature  
Conservancy



## United by Nature

[nature.org](http://nature.org)  
CFC #10643



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*"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.



## STEP UP TO LIFT UP!





Haiti is experiencing an extreme crisis due to natural disasters, the pandemic and turbulent unrest. Since March, Food For The Poor has shipped 1,186 tractor-trailer loads, including 725 containers specifically for COVID-19 relief.



Because of you, our mission continues.



**In 2020, Generous Donors Provided\***

 Over 20 Million Lifesaving Meals a Month	 1,872 Safe & Secure Homes	 Over \$5.3 Million Toward Clean Water Projects	 3,157 Tractor-Trailers of Aid
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**And So Much More!**



\*Year ended 12/31/20.

**FFTP** FOOD FOR THE POOR

6401 Lyons Road, Coconut Creek, FL 33073  
877-654-2960, ext. 6658 • [www.FoodForThePoor.org/cfc](http://www.FoodForThePoor.org/cfc)