

YOU ARE NEEDED

More Needs, Fewer Resources

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



Why did giving decline so much last year?
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You Are Needed

More Needs, Fewer Resources

Major earthquakes in Turkey, Morocco and Afghanistan.

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

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

An increase in hunger here in the U.S.

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

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

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



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

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

a series of questions, such as “*Why should I support your charity’s work?*”

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

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

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

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

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

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

MANY NEEDS TO MEET

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

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

MORE CHOICES!



AGING

Support Our Aging Religious (SOAR!)

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

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

ANIMAL/
WILDLIFE PROTECTION**Defenders of Wildlife**

1130 17th St. NW, Washington, DC 20036

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

Working Dogs for Vets

3138 Buffalo Rd., Lawrenceburg, TN 38434

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

CHILDREN

Autism Speaks

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

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

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

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

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

Children's Inn at NIH

7 West Dr., Bethesda, MD 20814

The Children's Inn is a free, supportive "home" to seriously ill children and their families as they receive groundbreaking medical treatment from the NIH in hopes of finding a cure. 20% (#10324) ChildrensInn.org

World Emergency Relief/Children's Food Fund

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

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



CONSERVATION

National Park Foundation

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

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

National Association of American Veterans

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

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

This is the charity's "CFC" number. Use it to find a charity at GiveCFC.org.

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

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

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

CLIMATE CHANGE

Environmental and Energy Study Institute (EESI)

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

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



DISABILITIES

Autism Speaks

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

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

Paralyzed Veterans of America Research Foundation

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

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

Working Dogs for Vets

3138 Buffalo Rd., Lawrenceburg, TN 38434

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

DISASTER RELIEF

World Emergency Relief/Children's Food Fund

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

In the wake of recent global disasters, some of unprecedented magnitude, we provide crucial disaster relief assistance. Children, orphaned, sick, injured, homeless or hungry, find hope through our programs. Learn more about our current disaster response at WER-US. org. 2.4% (#10984) 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. 1.5% (#11173) AKAEAF.org



Marine Corps Law Enforcement Foundation

273 Columbus Ave., Suite 10
Tuckahoe, NY 10707

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

Tuskegee Airmen Scholarship Foundation

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

We ensure the legacy of Tuskegee Airmen — who helped integrate the military and our country — by awarding scholarships to 40 financially and academically deserving high school seniors every year. 11.4% (#47202) TAISF.org

ENVIRONMENTAL PROTECTION

Chesapeake Bay Foundation

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

Save the Bay! We're committed to reducing pollution, improving fisheries, protecting and restoring natural resources and building an environmental ethic in the Chesapeake Bay watershed. 20.6% (#11325) CBF.org

MORE CHOICES!



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. 21.2% (#12069) NPCA.org

FAITH-BASED SERVICES

Catholics for the Poor and Needy Worldwide

5148 Massachusetts Ave., Bethesda, MD 20816

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

Wycliffe Bible Translators

PO Box 628200, Orlando, FL 32862

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

HEALTH

American Kidney Fund

11921 Rockville Pike, #300
Rockville, MD 20852

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



Cancer Prevention and Treatment Fund

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

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

Planned Parenthood Federation of America

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

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

HOMELESS

Coalition for the Homeless, Inc. (DC)

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

The Coalition for the Homeless provides transitional and permanent housing, employment placement assistance, substance abuse counseling and supportive social services to individuals who are homeless or vulnerable. Post-pandemic, the homeless still need your help now more than ever before. 10.8% (#83436) (U.W. #8194) <https://DCCFH.org>

HUNGER

World Emergency Relief/Children's 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! 2.4% (#10984) WER-US.org

Farmers and Hunters Feeding the Hungry

PO Box 323, Williamsport, MD 21795

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

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

MEDICAL RESEARCH

Cancer Research America — National Foundation for Cancer Research

5515 Security Lane, #1105, Rockville, MD 20852

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

Diabetes Research Institute Foundation

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

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



JDRF

International

26 Broadway, 14th Floor
New York, NY 10004

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

**PLEASE
GIVE**

Why is giving down?

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

- **Part of it is inflation.** Total giving by individuals — \$319 billion in 2022 — was only down 6.4%. But when you adjust that figure for inflation, you get the 13.4% decline. Inflation no doubt caused many people to cut back on their giving.
- **Part of it is fewer donors:** 10% fewer people made donations in 2022 than in 2021. In 2002, 68% of households made donations. By 2018, less than 50% did so.
- **Part of it is the boom in giving during the pandemic.** In 2020, giving went up 8.1%, the largest increase in giving since 2012. As the pandemic eased, so did giving.

Overall giving to charities — which includes foundation and corporate giving — was just shy of \$500 billion, down from \$558 billion in 2021, according to Giving USA, which publishes an annual report about charitable giving.

The one area that went up in 2022 (by 2.7%) was giving to international affairs, mainly because of the war in Ukraine.

Another area that is up since the pandemic is giving to the arts, up 13.4% from 2020 to 2022. The pandemic “changed the way many Americans felt about the importance of arts and culture in their lives,” according to the Chronicle of Philanthropy.

Where does the \$500 billion given to charities come from? The biggest source is still individuals, who provided 64%. But this is down from 85% in the past. The second biggest and fastest growing source is **foundations**, which provided 21% of all giving to charities. In 2012, foundations accounted for just 14% of giving. **Corporations** provided 6% of 2022 giving while **bequests** accounted for 7%.

The growth of foundations mirrors the growth in very large donations from wealthy individuals. Last year, gifts of more than \$500 million accounted for 5% of all individual giving. Three percent of all giving came from just six individuals and couples.

Michael J. Fox Foundation for Parkinson's Research

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

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

MichaelJFox.org

Paralyzed Veterans of America Research Foundation

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

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

PVA.org/research

MILITARY/VETERANS

Marine Corps Law Enforcement Foundation

273 Columbus Ave., Suite 10
Tuckahoe, NY 10707

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

MC-LEF.org

National Association of American Veterans

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

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

NAAVets.org

Paralyzed Veterans of America Education Foundation

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

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

PVA.org/education

Working Dogs for Vets

3138 Buffalo Rd., Lawrenceburg, TN 38434

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

WorkingDogsForVets.org

SOCIAL/ ECONOMIC JUSTICE

Unitarian Universalist Service Committee

689 Massachusetts Ave.
Cambridge, MA 02139

UUSC is a human rights organization powered by grassroots collaboration. We foster social justice, protect rights at risk and work toward a world free from oppression. 12.8% (#11685)

UUSC.org



WOMEN

Reproductive Freedom for All Foundation

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

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

ReproductiveFreedomForAllFoundation.org

Planned Parenthood Federation of America

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

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

PlannedParenthood.org

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

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

—Richard Smith

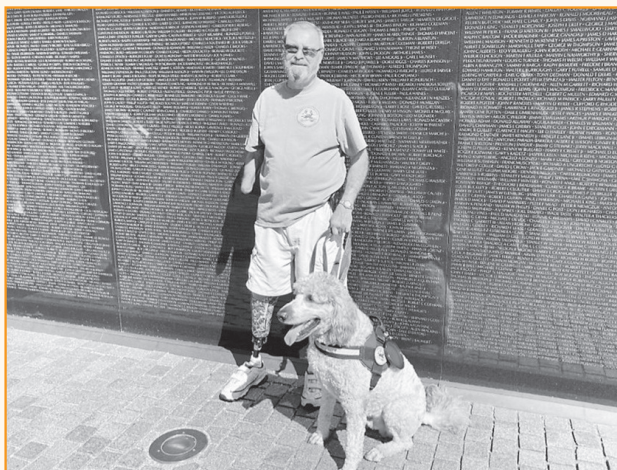
"I had a grenade go off...took my hand off instantly," recalls Richard Smith, an Army veteran. "I got gangrene in my leg." As a double amputee, life for Smith and his wife became very challenging.

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

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

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

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



Army vet Richard Smith with Eli at the Vietnam Memorial.

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

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

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

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

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

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

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



CFC #12413

Learn more at autismspeaks.org

autism
speaks



IS NOW...

**REPRODUCTIVE
FREEDOM FOR ALL
FOUNDATION**

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

CFC # 11714 | (202) 973-3000

ReproductiveFreedomForAllFoundation.org

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

Give at nationalparks.org



Give at nationalparks.org | CFC #11252

Planned Parenthood protects reproductive rights and access to health care.

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

www.plannedparenthood.org

 **Planned Parenthood**



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

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.

jdrf.org

Provided as a public service.
CFC #10569

Help Protect Imperiled Wildlife



www.defenders.org

CFC #10624



Paralyzed Veterans of America

Education Foundation

EMPOWER OUR VETERANS

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

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



CFC #11958 • pva.org/education

 **ParalyzedVeterans**

  **PVA1946**



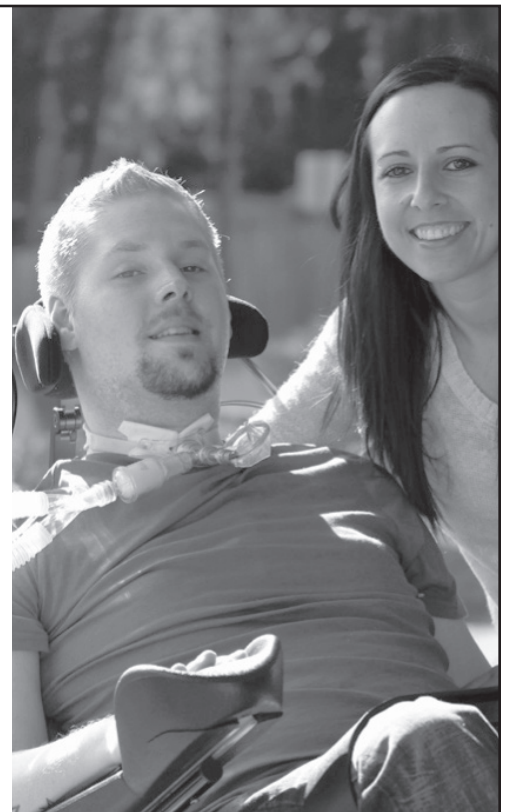
TUSKEGEE AIRMEN Scholarship Foundation

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



CFC #47202

TAISF.org



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

—Liesbeth Aelbrecht, WHO

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

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

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

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

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

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

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

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

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



THE FIGHT STARTS WITH YOU

CFC #11404

HELP END KIDNEY DISEASE

AMERICAN KIDNEY FUND®
FIGHTING ON ALL FRONTS

DONATE

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

PUTTING FAITH INTO ACTION

Support 25,000+ people serving the poor across the U.S. and in over 100 countries worldwide.

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

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

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

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

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

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

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

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

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

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

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



"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!"

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.

MARINE CORPS-LAW ENFORCEMENT FOUNDATION



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

MC-LEF.org • 877-606-1775

CFC #10507

Giving Children a living chance!®

CFC # 10984 www.WER-US.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

Farmers and Hunters Feeding the Hungry

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

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

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



CFC #10308
FeedingTheHungry.org

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!*



www.stopcancerfund.org



CFC #11967
StopCancerFund.org

National Association of American Veterans

Serving Veterans with Honor and Respect

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



CFC #85065 • NAAVets.org

Unitarian Universalist Service Committee

Challenging injustice, advancing human rights

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



Be a part of the movement. Donate today!

CFC #11685
UUSC.org

Diabetes Research Institute Foundation

We have one goal – to find a cure for diabetes.

As one of the largest, most comprehensive research centers dedicated to curing diabetes, we aim to overcome the challenges of the immune system and restore natural insulin production in children and adults living with this disease. We collaborate with an international network of experts to share knowledge and diversify skills in a waste-no-time approach. *For the millions of families affected by diabetes, the Diabetes Research Institute Foundation is the best hope for a cure.*



CFC #11149 • DiabetesResearch.org



Why Should I Support Your Work?

JDRF International

We're fighting for a world without Type 1 Diabetes

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



JDRF.org
CFC #10569



The Children's Inn at NIH

"A Place Like Home"

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

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



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



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



Cancer Research America: National Foundation for Cancer Research

Research for a Cure



National Foundation
for Cancer Research
We Make Cures Possible

Since 1973 the National Foundation for Cancer Research has been leading the fight to prevent, treat and cure cancer—all cancer. With the help of our donors, NFCR supports cutting edge cancer research by funding the world's leading cancer researchers and scientists. Through the years, we've helped make numerous scientific breakthroughs, leading to new prevention and detection tools and better treatment options. **Please pledge your support today and help us continue to save lives.**



CFC #11267 • NFCR.org

Wycliffe Bible Translators

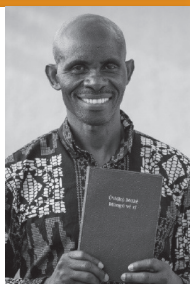
Sharing HOPE through Bible translation

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



Join what God is doing!

CFC #11737
Wycliffe.org/cfc



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



How to respond to a crisis

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

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

One problem with making a quick donation is that it often goes to one charity, the Red Cross. After Hurricane Sandy, one study found that 90% of donations went to the Red Cross.

One way to find other charities is [Charity Navigator.com](https://www.charitynavigator.com), which quickly publishes a list of highly rated charities that are responding to specific disasters.

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

Give locally. One problem with giving to many national and international charities like the Red Cross is that some don't set up separate funds for specific disasters. Your donation may simply support the charity's overall disaster response capacity.

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

For international disasters, there is often a charity in the specific country that is helping people on the ground. In response to the huge earthquake in Turkey and Syria in early 2023, for example, the White Helmets, set up to help people during the Syrian civil war, was on the ground helping earthquake victims.

Often there are U.S.-based charities focused on specific countries. For example, the Syrian American Medical Society helped Syrians recover from this earthquake.

Give to help people who often don't get much support. In many disasters, lower-income people, minorities and renters often get less help. In Florida after Ian, for example, a coalition of grassroots community organizations set up a fund to directly help these people.

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



Hurricane Ian was the most expensive storm in Florida's history

rebuild. This takes resources over time, often years. It's why giving to a local fund often makes sense.

Give to prevent the next disaster. In every state and most countries, charities are working to prevent or mitigate the next disaster, often by protecting the local environment or fighting climate change. In Florida, for example, The Florida Wildlife Federation is fighting climate change to help preserve Florida wildlife.

In Ukraine, the Center for Civil Liberties ([CCL.org.ua](https://www.ccl.org.ua)) is working to document Russian war crimes and thus prevent future war crimes. It was recently awarded the Nobel Peace Prize for its work.

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](https://www.guidestar.org) and search on the charity's name.

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, for example, 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.

For more tips:

[CharityChoices.com/disasters](https://www.charitychoices.com/disasters)

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

Alpha Kappa Alpha Educational
Advancement Foundation 4
American Kidney Fund 5, 10, 12
Autism Speaks 3, 4, 8, 11
Cancer Prevention and
Treatment Fund 5, 12
Cancer Research America – National
Foundation for cancer Research .. 6, 13
Catholics for the Poor and Needy ... 5, 10
Chesapeake Bay Foundation 4
Child Sex Abuse Prevention and
Protection Center (Stop It Now!) 3, 15
Children's Inn at NIH 3, 13
Coalition for the Homeless 5
Defenders of Wildlife..... 3, 9, 13
Diabetes Research Institute
Foundation 6, 12
Environmental and
Energy Study Institute 4
Farmers and Hunters
Feeding the Hungry 5, 12

JDRF International 6, 9, 13
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Michael J. Fox Foundation
for Parkinson's Research 7, 15
National Association
of American Veterans 7, 12
National Park Foundation ... 3, 9
National Parks Conservation
Association 5
Paralyzed Veterans of America
Education Foundation ... 7, 9
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Federation of America . 5, 7, 9
Reproductive Freedom
For All Foundation 7, 8
Support Our Aging Religious
(SOAR) 3, 13
Tuskegee Airmen Scholarship
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Unitarian Universalist Service
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Children's Food Fund 3, 4, 5, 10, 11
Wycliffe Bible Translators 5, 13



**Child Sexual Abuse Prevention
and Protection Center** CFC# 12223



Create your family safety plan and learn
how to keep kids safe at **StopItNow.org**

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

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



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

CFC # 12227

FUND URGENTLY NEEDED PARKINSON'S BREAKTHROUGHS.



PVA

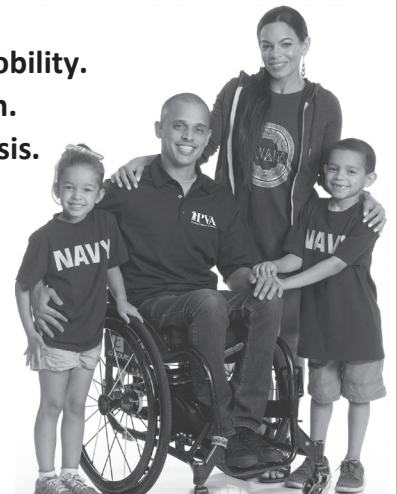
Paralyzed Veterans of America

Research Foundation

SUPPORT THE CURE

**Improve Mobility.
Reduce Pain.
Cure Paralysis.**

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



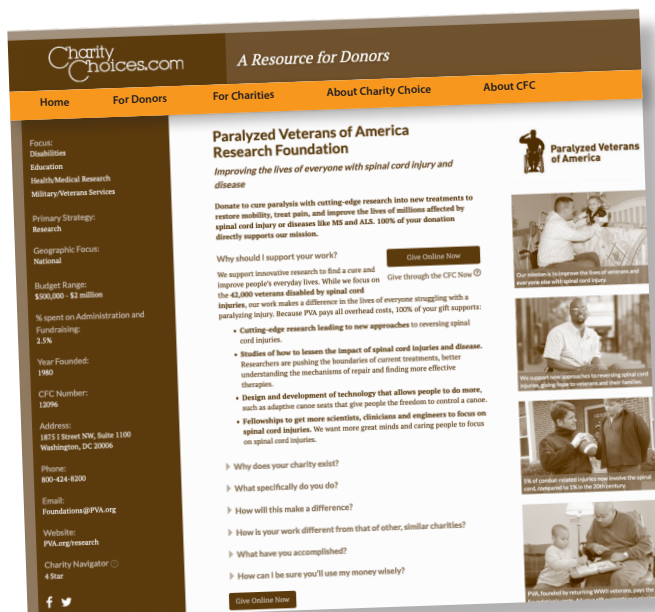
CFC #12096 • pva.org/research

[f](#) ParalyzedVeterans

[t](#) [i](#) [v](#) PVA1946

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

—JULIA COLLINS



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

CharityChoices.com

We tell you—

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

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

Plus useful information for donors such as—

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

Working Dogs for Vets

Saving Lives at Both Ends of the Leash!



Iraq and Afghanistan Army vet Marlin McDonald with Sadie

Every day:

22 veterans commit suicide.

7,400 dogs are put down.

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

3,000+ teams and counting!

843-647-4357

WorkingDogsForVets.org • CFC #37322