



YOUR GIVING

WILL MAKE A DIFFERENCE

**A GUIDE to Charities that Need Your Help Through the
COMBINED FEDERAL CAMPAIGN or a DIRECT GIFT**



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Make your CFC donation through CFCGiving.opm.gov

Why Your Gift Makes a Difference

With so much need in the world, with so many wealthy donors making big donations, does it really matter if you give?

Without a doubt, it does. Giving by individuals still makes up more than 67% of money given to charities in this country, with most of this coming from those of us who can't make huge donations.

What you give adds up with what many others give: \$15 to a charity helping fight hunger in Colombia, for example, feeds a family for almost two weeks. Combined with other donors, hundreds of families can be fed until they can find jobs and feed themselves.

It's the same for every charity: regular gifts from average donors add up to big impacts: people fed, the homeless housed, animals saved, nature preserved, cures discovered, rights protected. Your giving makes a difference, whichever charities you choose to support.

People coming together to help others is what makes a workplace charity drive like the **Combined Federal Campaign** so important: it pools the gifts of thousands of donors, most of whom give regularly by having a little deducted from each paycheck. This adds up to a big impact for CFC charities.

And for you, giving through the CFC means that the charities you support have all met several



accountability standards, such as an annual audit. You can focus on which charities you want to support.

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 *"How can I be sure you'll use my money wisely?"*

If you can't give through the CFC, you can also come together with other donors by supporting a charity directly through its website. Most charities allow you to make an automatic monthly donation. That's how you, together with many others, 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 - Z," click on the charity you want to support, then click **"Give Online Now."** All your donation goes to the charity; the organizer of this guide, Charitable Choices, receives nothing.

Whichever charities you choose to support, however you choose to give, please give as generously as you can: **your gift adds up and makes a difference!**

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MORE CHOICES!



ANIMAL/ WILDLIFE PROTECTION

Defenders of Wildlife

1130 17th St. NW, Washington, DC 20036

Defenders of Wildlife envisions a future where diverse wildlife populations are secure and sustained by an environment of healthy lands and waters. Working since 1947, we protect wildlife and their habitat through education, advocacy, legal action, technology and scientific research. 18.6% (#10624) Defenders.org

AGING

Hebrew Home of Greater Washington

6121 Montrose Rd., Rockville, MD 20852

Our mission is to deliver quality care and meaningful life experiences to seniors, with dignity and compassion. The COVID-19 pandemic strengthened our determination to protect those we serve with passion and commitment and address their health, safety and emotional well-being. 15.1% (#49705) SmithLifeCommunities.org

Support Our Aging Religious (SOAR!)

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

The needs of elderly Catholic Sisters, Brothers and Priests in religious orders are critical. We distribute grants to these Communities to ensure the safety and dignity of their aging members. 6.1% (#10041) SOAR-USA.org

PLEASE GIVE

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. 19% (#99581) WETA.org

CHILDREN

Autism Speaks

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

One in 54 U.S. children has autism. Autism Speaks is dedicated to promoting 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. 23.8% (#12413)

AutismSpeaks.org

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

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

Child sexual abuse harms millions every year. Victims and their families suffer silently, often with lifelong after-effects. Help prevent this. For 30 years we've spearheaded the prevention movement by mobilizing adults, families and communities to take actions to protect children. We can Stop It Now! 35.4% (#12223) StopItNow.org



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! 3.3% (#10984) CFF-WER.org

Food For The Poor

6401 Lyons Rd., Coconut Creek, FL 33073

One of the largest international relief and development organizations in the nation, FFTP does much more than feed millions of hungry children and families in 17 countries of the Caribbean and Latin America. It also provides emergency relief, clean water, medicine, educational materials, homes, skills training and much more. 6.6% (#10328)

FoodForThePoor.org/cfc

PHOTOS: Shutterstock.com

except Jim West (pg 7),
Earl Dotter (pg 15).

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

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

American Kidney Fund

11921 Rockville Pike, #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. 2.3%

(#11404) KidneyFund.org

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

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

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. 30.4% (#10324) ChildrensInn.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. 11.2% (#10532)

SamaritansPurse.org**CLIMATE CHANGE****Environmental and Energy Study Institute (EESI)**1020 19th 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! 18.8% (#10627) EESI.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. 26.5% (#11252) NationalParks.org

**The Nature Conservancy**

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

The Nature Conservancy is a global environmental nonprofit creating a world where people and nature can thrive. By maximizing our ability to effect change between now and 2030, we can shape a brighter future for people and our planet. 23.2% (#10643) Nature.org

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." In Ukraine, we have delivered more than \$11 million in aid (see page 8 to learn more). 3.3% (#10984) CFF-WER.org

Food For The Poor

6401 Lyons Rd., Coconut Creek, FL 33073

Whenever the need arises, FFTP sends immediate assistance to those affected by natural disasters, such as the 7.2-magnitude earthquake that struck Haiti in 2021. By the end of 2021, FFTP had built 805 homes and delivered 1,329 tractor-trailer loads of food, health care and educational supplies to help families in Haiti recovering from the earthquake. 6.6% (#10328) FoodForThePoor.org/cfc

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

DISABILITIES**Autism Speaks**1060 State Rd., 2nd Floor
Princeton, NJ 08540

Autism Speaks is dedicated to promoting 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. 23.8% (#12413)

AutismSpeaks.org**Paralyzed Veterans of America
Spinal Cord Research Foundation**801 18th 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. 10.5% (#12096) PVA.org/research

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. 2.4% (#11173) AKAEAF.org

MORE CHOICES!

Food For The Poor

6401 Lyons Rd., Coconut Creek, FL 33073

In 2021, FFTP built, repaired or expanded 150 schools and shipped 121 tractor-trailer loads of school furniture, books and educational supplies to schools, providing children with valuable tools for learning. 6.6% (#10328)

FoodForThePoor.org/cfc**Marine Corps Law Enforcement Foundation**

273 Columbus Ave., #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 95% of every dollar goes toward the mission. 4.6% (#10507) MC-LEF.org

Tuskegee Airmen Scholarship Foundation1816 S. Figueroa St., Suite 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. 32.5% (#47202)

TAISF.org

**The “U.W. #” is the code to use
when giving to this charity
through United Way.**

**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. 16.5% (#11325) 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. 20.3% (#12069) NPCA.org

FAITH-BASED SERVICES**Catholics for the Poor and Needy Worldwide**

6930 Carroll Ave, #820, Takoma Park, MD 20912

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

The hope found in the Bible is needed now more than ever. Yet 1,800 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**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. 2.3% (#11404)

KidneyFund.org**Arlington Free Clinic**

2921 11th St. South, Arlington, VA 22204

Arlington Free Clinic provides free, high quality health care to low-income uninsured Arlington County adults through the generosity of donors and volunteers. 20% (#86926) (U.W. #8247)

ArlingtonFreeClinic.org

Autism Speaks

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

Autism Speaks is dedicated to promoting 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. 23.8% (#12413)

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

Cancer Prevention and Treatment Fund

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

Our research helps prevent all types of cancer and guides patients to the best treatments for breast cancer, prostate cancer, lung cancer, colorectal cancer, skin cancer and more. Help support research you can trust and give patients and families help and hope. 1.4% (#11967) [StopCancerFund.org](https://stopcancerfund.org)

HOMELESS**Christ House**

1717 Columbia Rd. NW, Washington, DC 20009

Comprehensive and compassionate care for sick, homeless individuals and assistance in addressing critical issues to break the cycle of homelessness: 24-hour medical care, food services, addictions treatment and housing placement. 16.1% (#34256) (U.W. #8385)

[ChristHouse.org](https://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. 9% (#83436) (U.W. #8194) [DCCFH.org](https://dccc.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. 19.1% (#74405) [SOME.org](https://some.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! 3.3% (#10984) [CFF-WER.org](https://cff-wer.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! 6.2% (#10308) [FHFH.org](https://fhfh.org)

Food For The Poor

6401 Lyons Rd.
Coconut Creek, FL 33073

In 2021, FFTP donors provided more than 247 million meals to malnourished children and families in the Caribbean and Latin America. Since its founding, FFTP has completed 2,965 water projects that provide water and sanitation to hundreds of thousands

of people in need. 6.6% (#10328)

FoodForThePoor.org/cfc

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. 22.2% (#11267) [NFCR.org](https://nfc.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. 29% (#11149) [DiabetesResearch.org](https://diabetesresearch.org)

JDRF International

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

JDRF is the leading global organization funding type 1 diabetes (T1D) research. Our strength lies in our exclusive focus and singular influence on the worldwide effort to end T1D. 26.4% (#10569) [JDRF.org](https://jdrf.org)

Michael J. Fox Foundation for Parkinson's Research

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

The Michael J. Fox Foundation is dedicated to accelerating improved therapies and a cure for Parkinson's disease. 88 cents of every dollar spent goes to high-impact research. We're here. Until Parkinson's isn't. 10.9% (#12227) [MichaelJFox.org](https://michaeljfox.org)

Paralyzed Veterans of America Spinal Cord Research Foundation

801 18th 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. 10.5% (#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 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 95% of every dollar goes toward the mission. 4.6% (#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. 8.1% (#85065) NAAVets.org

Paralyzed Veterans of America Spinal Cord Injury Education and Training Foundation

801 18th 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. 3.5% (#11958) PVA.org/education

POVERTY

Food For The Poor

6401 Lyons Rd., Coconut Creek, FL 33073

Help forge a path out of poverty for families in need! Your gift can provide housing, clean water, education, skills training and micro-enterprise development assistance, in addition to support for vulnerable children and care for the aging. 6.6% (#10328) FoodForThePoor.org/cfc

PUBLIC SAFETY

Concerns of Police Survivors

PO Box 3199, Camdenton, MO 65020

C.O.P.S. 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 65,000 members are survivors themselves. (#11183) 10.9% NationalCops.org

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 2.8% (#33368) 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. 11.3% (#11685) UUSC.org

WOMEN

NARAL Pro-Choice America Foundation

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

With more than 4 million members across the country, 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. 21.2% (#11714) ProChoiceAmerica.org/foundation



Will we wake up tomorrow?

“One day we woke up and our daughter, Ariana, asked, ‘Will we wake up tomorrow?’ Without hesitation, we packed our things and moved to a safer place.”

Ariana and her parents are three of an estimated 6.2 million Ukrainians who have fled their country, mostly women and children. It's the worst refugee crisis in Europe since WWII.

And it's far from over, despite less media attention. In some ways, it's getting worse. *“What worries me so much is that the crisis is going to get worse as winter comes,”* explains Kristy Scott, CEO of **Children's Food Fund/World Emergency Relief (CFC #10984)**.

Since March, CFF/WER has delivered more than \$11 million in desperately needed relief supplies to help refugee children, families and the elderly, in Poland and Moldova as well as internally-displaced people in Ukraine. This has included food, hygiene products and household items, such as mattresses. In Ukraine, it has included water filtration equipment for families starting to rebuild their homes, the same type of help CFF/WER provides to communities in many other parts of the world.

It has also provided gifts for children, such as the paint set Ariana is holding. The gifts for children have special meaning, says a person delivering the aid and documenting Ukrainians' stories. *“As we talked with Maryana, her children took apart the packages we*



Ariana safe in Poland

brought and just jumped for happiness and screamed for joy. Such moments are simply priceless.”

The trauma young Ukrainian children have experienced is profound. Vika remembered how her granddaughter came into their room when the bombing began saying, *“Mom, the war has started.”* Vika said she and her daughter *“didn't close our eyes for three nights, not for a second. Our granddaughter endured it very hard. Now she has such stress, with health problems.”*

CFF/WER has been helping people in need — around the world and in Native

American communities in the U.S. — for more than 30 years. It works with on-the-ground partners in each community, which helps keep its overhead very low: just 3.3% in 2021.

Its experience and connections allow it to move quickly when crises arrive, as they did in Ukraine. It also works with communities for years, helping them rebuild or become more self-reliant.

“The impact of crises like Ukraine will be felt for years,” explains Scott. *“It is critical to stay with these people over time, to help them recover and eventually thrive.”*



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



CFC #12413

Learn more at **autismspeaks.org**

**autism
speaks**

MARINE CORPS-LAW ENFORCEMENT FOUNDATION



MC-LEF.org • 877-606-1775

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

CFC #10507



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

Give at nationalparks.org | CFC #11252



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



FOOD FUND

World Emergency Relief

Over \$11 million in aid delivered. Ukraine still needs our support.



Giving children a living chance



www.wer-us.org/cfc CFC #10984

Help Protect Imperiled Wildlife




www.defenders.org CFC #10624

OREGON DEPARTMENT OF FISH AND WILDLIFE




TUSKEGEE AIRMEN Scholarship Foundation

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



CFC #47202 TAISF.org



Paralyzed Veterans of America

Spinal Cord Injury Education & Training Foundation

EDUCATION CHANGES LIVES




Give to make a difference

Developing teaching tools and disseminating research

Teaching healthcare professionals to encourage independence

Improving quality of life for everyone with spinal cord injury and disease


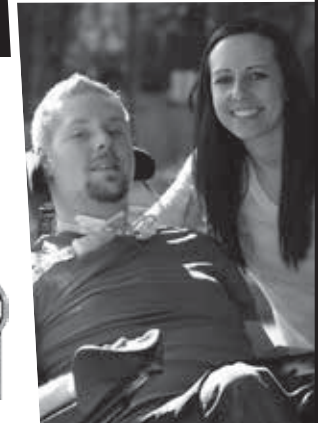
Award winning non-profit!

CFC #11958 • pva.org/education

[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.

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.

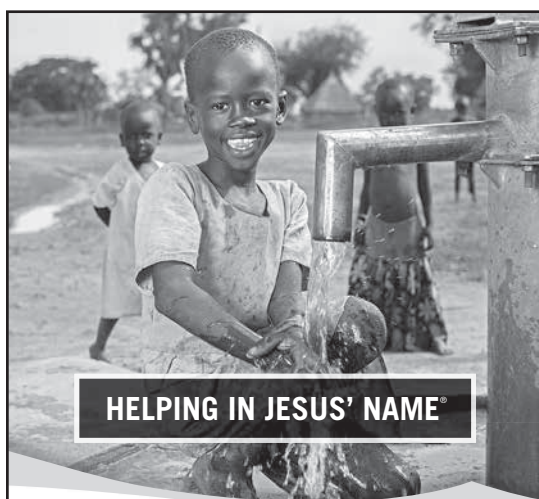


"With two years of intense early intervention and full-time ABA therapy in a clinical setting, Sophia's vocabulary is amazing, she has friends, loves ballet and even plays soccer!"

"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.



HELPING IN JESUS' NAME®

Everything we do is focused on helping hurting people around the world and sharing the love of God and the hope of the Gospel.

Support our work via <https://cfcgiving.opm.gov/>

 **Samaritan's Purse®**
INTERNATIONAL RELIEF

CFC #10532

Samaritan's Purse®, Franklin Graham, President
P.O. Box 3000, Boone, NC 28607 | samaritanpurse.org
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VIEW SOLICITATION DISCLOSURE INFORMATION FOR SAMARITAN'S PURSE
ONLINE AT SAMARITANSPURSE.ORG/DISCLOSURE.



THE FIGHT STARTS WITH YOU

CFC #11404

HELP END KIDNEY DISEASE

 **American Kidney Fund®**
FIGHTING ON ALL FRONTS

DONATE

How to respond to a crisis like Hurricane Ian

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

- **Think before you give.** With today's technology, it's easy to make a quick gift, through Facebook, GoFundMe, by text or by clicking on an online ad. But the best way to respond to a disaster is a little like responding to an emergency: often it's better to think before you act. Don't panic. Think about how you can best respond.
- **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 making a quick donation is that it often goes to one charity, the Red Cross. This certainly helps the Red Cross respond to a disaster and maintain its disaster-response capacity. But it may not be the best way to help the people and communities hurt by a specific disaster.

Often a local United Way or community foundation will set up a fund specifically to respond to a local disaster. In Florida for example, the local United Way and the Southwest Florida Community Foundation has set up a fund to respond to Ian (collaboratory.org/SWFLEmergencyReliefFund). The Humane Society Naples is working to help animals impacted by the hurricane.

The Florida Disaster Fund has been set up by the state and the Volunteer Florida Foundation to help people throughout the state (VolunteerFlorida.org).
- In Central Florida, the Heart of Florida United Way has set up a fund to help those impacted by the severe flooding caused by Ian in this part of Florida. The Catholic Church of Central Florida has also set up the Florida Relief Fund for Hurricane Ian.
- **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, a coalition of grassroots community organizations such as Faith in Florida and the Florida Immigrant Coalition has set up the Ian Response Fund (ActBlue.com/donate/IanResponseFL).
- **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. The Florida Wildlife Federation, for example, says that fighting climate change is one of its top three priorities for preserving Florida wildlife.

In Ukraine, the Center for Civil Liberties (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 and search on the charity's name.



Hurricane Ian could be the most expensive storm in Florida's history.

You can also go to CharityNavigator.org to get a list of highly rated charities that are responding to a specific disaster. For Ian, its list includes 25 charities. For more tips: CharityChoices.com/disasters.

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

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.

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

Why Should I Support Your Work?

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
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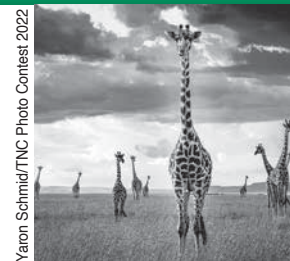
The Nature Conservancy

Protecting nature. Preserving life.

Founded in the U.S. through grass-roots action in 1951, The Nature Conservancy has grown to become one of the most effective and wide-reaching environmental organizations in the world. Our mission is to conserve the lands and waters on which all life depends. **We have years, not decades, to address the threats of climate change and biodiversity loss.** We're finding the people and paths to make ambitious change, join us in being part of the solution.



CFC #10643
Nature.org



Yaron Schmid/TNC Photo Contest 2022

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



Mary House

Families in Ministry To Families

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



MaryHouse.org • CFC #33368



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.**



Diabetes Research Institute
FOUNDATION

CFC #11149 • DiabetesResearch.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



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

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



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



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

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



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



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99581

How much do Americans give?

Americans' willingness to help others was shown dramatically during the pandemic, with giving rising 7.4% between 2019 and 2021, up to \$488 billion. This is a real increase, after inflation.

Of this total, 67% was given by individuals, or nearly \$327 billion. The rest comes from foundations (19%), corporations (4%) and bequests (9%).

Much of this increase was driven by new donors. In 2020, 7.3% more Americans made a donation.

The long-term trend is not as positive. In 2000, 66% of all households made donations. It dropped to under 50% in 2018. Many people under 40 haven't begun to give regularly: only 33% gave in 2018. Another factor: fewer people regularly attending religious services.

Many experts worry about another long-term trend: the increasing importance of mega-gifts, individuals who give more than \$450 million. These gifts – from billionaire donors such as MacKenzie Scott and Elon Musk – added up to nearly \$15 billion in 2021, or 5% of all individual giving.

The role of large private foundations has also grown rapidly. In 1980, foundations accounted for just 6% of all giving. It is now nearly 20%. Many worry this will give the wealthy more influence over which charities get supported.

The increase in individuals making large donations has already led to an explosion of "donor-advised funds." Wealthy individuals create a fund that will give away a certain amount each year. In essence, this fund is like a mini foundation, giving the individual or family some control over how the money they donated is used over time. The category dominated by donor-advised funds (called "public society benefit groups") has shot up 35% during the past two years, five times the overall increase in giving.



**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

f ParalyzedVeterans • PVA1946

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this work. Paralyzed Veterans
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Arlington Free Clinic 5
Autism Speaks 3, 4, 6, 8, 10
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and Treatment Fund 6, 12
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