

"From the Heart" is all about bringing support to others when life's difficult "seasons" show up.

In 1998 we began creating programs to help support children, seniors, soldiers, individuals with disabilities, and families in need.

The best way to describe how we work is to visualize a heart you might draw on a piece of paper. The left half of that heart is filled with wonderful people who donate because their hearts are open and filled with compassion and caring for others. The other half of the heart is filled with people who have fallen on difficult times or have come into a difficult circumstance currently beyond their control. The heart becomes one when lives are connected through unconditional kindness. Support, friendship, understanding, and empathy...some of the greatest gifts we can offer to each other!

Some of the ways "From the Heart" reaches out in support are:

Our Foster Care Program. Our most donated items are:

- Age appropriate gift bags filled with personal items, toys, and a multitude of other items
- Back-to-School supplies and Backpacks
- Hats, Mittens, Scarves, Socks, Coats, Snowsuits, Snow pants, and other specific requested clothing needs
- Fleece, Knit, Crocheted, or Sewn blankets
- Easter Baskets, summertime "Fill-A-Pails"...and a variety of individual requests of items from our contacts

Our Senior Gift Bag formally our Bingo Night Program:

Due to the pandemic, we updated our in-person Bingo Night to instead creating **monthly gift bags for local nursing homes.** Our goal is to help with the isolation many have been experiencing by reaching out in friendship to bring a bit of joy to their day. Donations have gone to Woodlake, Manchester Manor, Evergreen and Brookdale and we know they are making a difference. Please reach out if you have a senior who could use a pick me up or a facility where you know these donations would be appreciated.

- Personal items: hand lotions, tissues, chapstick, deodorant, hand soaps, shower gel etc.
- Stuffed animals, puzzles, small knick knacks etc. seasonal items, snacks, etc.

Creative Cards: We mail over **80** handmade cards each month. Cards are made by children in schools, churches, individuals, and even adults who want to create a picture or card to brighten the day of someone who could use a pick me up. The recipients of "Creative Cards" have been nominated by their friends, family, and co-workers because they are going through a difficult time. Some of our recipients have been receiving a monthly card for almost three years now...and often times we receive thank you cards from the recipients! Many are senior citizens.

- We are always seeking stamps to mail these Creative Cards
- We need over 160 pictures and cards each month. Please visit our website to see some of the artwork the kids have made to get ideas. Anything uplifting is what we are aiming for!
- Envelopes to mail them (5X7 or 6X8)

Adopted Family Program: We are currently helping four families who have fallen on difficult times. While these families continue to move forward every day, they still struggle due to loss or illness or other reasons beyond their control. We are always seeking monetary donations to help us purchase grocery items for these families. We also collect, on a regular basis, non-perishable, paper goods, and personal items to help offset grocery costs for these families. We also donate these items to the individuals and families with disabilities we help on a monthly basis.

Adopted Soldier Program: We are not currently sending care packages to a soldier. Since 2001, FTH each month has mailed care packages to over fifteen heroic soldiers stationed in Afghanistan and Iraq! Many of our adopted soldiers served up to a full year each time they were sent overseas. FTH is always more than willing to add new soldiers to this special program...we just currently have not been asked to adopt anyone that is stationed overseas.

Soles for Souls: Our goal (and so far so good) has been to send two filled barrels to Haiti each year. We have wonderful local contacts who mission in Haiti and work with Fr. Johnson in Haiti to help provide the orphanages and schools with sneakers, flip flops, soap, washcloths, underwear, toothbrushes and toothpaste. We fill every barrel to the top!

"From the Heart" is not yet a non-profit, so donations are not able to be used for tax purposes; however 100% of every donation goes into any/all of the above mentioned programs. "From the Heart" tries to reach out knowing we may not be able to completely change a situation....but we sure can try to bring Hope whenever possible. Every single dollar, every single donation makes a difference!

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