

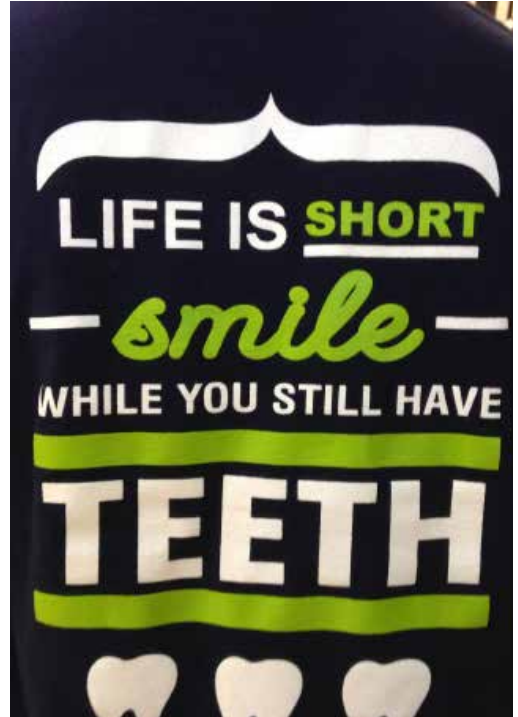


THE MANOS DE CRISTO NEWSLETTER

Our Latest News, Events & Community Impact

Spring 2015

Growth



GROWING HEALTHY HABITS: Oral Hygiene Matters

It's March in Austin and that means the warmer weather has many of us planting something in our garden. Growing a garden is one way of investing in ourselves. It's something we have to tend to every day in order to harvest something good. Isn't it funny how much better it can taste when we grow it ourselves?

The same can be said for keeping our teeth healthy. Your mouth is your body's initial point of contact with the food you eat. What you put in your mouth influences not only your health, but also your teeth and gums. In fact, if your nutrition is poor, the first signs often show up in your oral health.

Here are a few tips for creating good habits:

- Choose healthy snacks – like fruit, grains, vegetables and proteins
- Buy foods that are sugar free
- Drink water instead of a sugary beverage

A few things to avoid:

- Sugary or sticky snacks
- Empty calories
- Acidic foods or drinks

If you follow these few tips you can reduce your chances of tooth decay and always remember to brush your teeth two times a day for two minutes. This will help you to remove sugars and food particles from your teeth.

Decide today to invest in a healthier lifestyle and plant the seeds today for a smile that will last a lifetime.

To make an appointment at the Dental Center, call: (512) 477-2319, or visit: www.manosdecristo.org

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Dear **FRIENDS & SUPPORTERS**

Spring is a time of year when we look for trees to bloom, and our plants to grow, but we know that we must nurture and tend to our living things for them to thrive in the spring. At Manos de Cristo we also continue to care for our programs as we continue our growth.

In 2014, we were able to grow our service to over 20,000 people through our Dental Center, Basic Needs, Back-to-School and Education Programs, and we expect the need to continue to increase in 2015.

We invite you to stop by to experience this growth, and to help us nurture our programs and our clients as the need for our services increases. Like the growth of a plant that requires much love and attention, so is the growth of our great organization. We ask for your continued love and support in serving the growing need in our community.

*The beautiful spring came; and when Nature resumes her loveliness,
the human soul is apt to revive also.*

Harriet Ann Jacobs

Blessings,

Julie Ballesteros, Executive Director

Manos de Cristo **RECOGNIZED FOR GOOD**

Manos de Cristo is excited to be one of the top three finalists nominated for the Ethics in Business & Community Awards, a program of RecognizeGood. The awards are an annual recognition of businesses, nonprofits and individuals who demonstrate exemplary ethical practices. Our Executive Director, Julie Ballesteros and Manos Board Chair, Leslie Thorne (pictured at right) were on hand to celebrate the announcement of the finalists.



Executive Director, Julie Ballesteros (l) and Manos Board Chair, Leslie Thorne (r) celebrating the announcement of the Ethics in Business & Community Awards finalists.

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Friends with PALS

The Manos Education Program continues to grow with our newest collaborative partnership with the Literacy Coalition of Central Texas and a special program called PALS which stands for Play and Learning Strategies. PALS is a free 14-week program for parents with children between the ages of 18 months and 4 years. Manos de Cristo's goal is to expand the program next Fall to serve up to 16 families per semester.

Parents and their children meet once a week for two hours receiving help with techniques and support to:

- Strengthen their children's vocabulary and pre-reading skills
- Help children to manage their feelings and behavior
- Reinforce a positive relationship with their child



A PALS coach watches a video with a parent to help her better understand her child's feelings and behavior.

Because parents are a child's first and best teacher, PALS kids continue to have and benefit from positive interactions with their parents well into the teen years.

It's our first semester to incorporate PALS at Manos and we are delighted to offer this additional support to our students with children. Most of these adult learners utilize our childcare program when they are in class for English as a Second Language, Computer or Citizenship preparation. For many years, Manos was unable to offer childcare or parenting services. In 2014, the agency turned a corner with the assistance of volunteers, allowing a limited number of students to come to class without having to pay for childcare elsewhere.

Today, Manos provides regular, consistent care for children during classes thanks to special funding that gives Manos the capacity to hire part-time childcare staff. Our thanks to the Literacy Coalition of Central Texas for offering this high-quality program to our students giving our adult learners the chance to stay on their path for a better tomorrow.

For more information, contact Karen Green, Education Services Coordinator at (512) 628-4196.

Thank you for **AMPLIFYING MANOS!**

March 5th - 6th was an exciting, record-breaking 24 hours of giving during this year's Amplify Austin campaign presented by I Live Here, I Give Here. Amplify Austin provided an easy and fun way for the community to give together and help hundreds of nonprofits meet critical needs. Manos de Cristo donors were up for the challenge, donating \$111,771 for our programs! Manos also won the \$1,000 Hotel San Jose Bass Booster Prize for the most donations in one hour on March 5th and will receive additional support as a partner with St. David's Foundation.

Thanks to these donors for helping us Amplify Manos!

Daniel Abrego
Mateo Alejandro
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The Baldwins - Ella,
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Mike Schulte
Marcia Tugendhat
Mike Ussery
Karen & Max Werkenthin
Kathy Willis & Patrick Schmidt
Barbara Worley

*Donors listed above are \$100+.



Party With a **PURPOSE**



On February 13th, Manos de Cristo celebrated our annual gala. Gala co-chairs, Beverly Chasse and Dr. Tony Pacheco, Jr. had a vision for the evening that would attract people of all ages, new and longtime supporters, those who love to dance, and those who are willing to “bet the house”. We think their vision was a success!

Nearly 400 guests gathered at the iconic ACL Live at The Moody Theatre in Downtown Austin with the common goal of keeping fees low for our clients. The program, led by Master of Ceremonies Ron Oliveira, included an exciting live auction, music by The Pictures, dancing, a Kendra Scott Jewelry Grab, and a casino with fabulous prizes! The evening raised over \$111,000 that will help provide services to more than 20,000 individuals this year.

We would like to thank each of our attendees and our major sponsors: Eric and Keri Stumberg, Beau and Leslie Thorne, and Duggan Endodontics, who made the night a success for Manos!

Visit our Flickr page: www.flickr.com/photos/manosdecristo to see more gala photos.

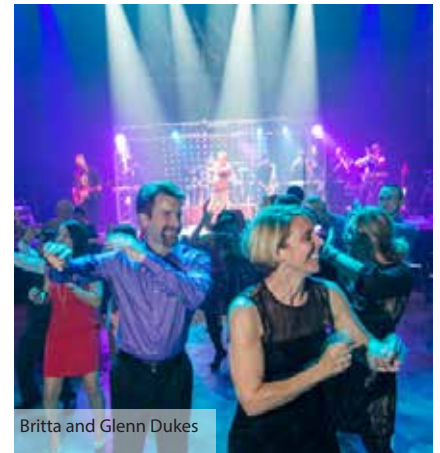
Gala photographers: Anita (Yu Feng) Chang, Erin Duncan, Jane Lyon, Travis Perkins, Oliver Smith, Chris Torres, Charmi Vasoya, and Texas Tower PR.



Gala Co-Chair Dr. Tony Pacheco, Board President Leslie Thorne and Gala Co-Chair Beverly Chasse



Thomas Weil



Britta and Glenn Dukes



Hearts for Hope members pledge to support Manos for a three year period or longer. Multi-year commitments from the Hearts for Hope Giving Circle help us plan and increase our ability to meet the growing needs of our community's working poor families.

Platinum Heart

Beverly F. Chasse, Chasse Consulting:
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Betty and Hal Meyer
Dr. Susan G. Pelzer

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Christy Krames and Ray Langenberg
Dr. Tony Pacheco
Drs. Stephanie and William Rodriguez
Nona and Andy Sansom
Kathy and Gene Schneider
Leslie and Beau Thorne
Bev Shade and Jonathan Wilson

Happy Heart

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Jean and Bill Avera
Kathy Bailey
Ray Barr
K'Andrea Bickerstaff
Mary Pat and Stephen Braunstein
Mary Alice Carnes and Richard Muscat
Dr. Tom Richardson and Gail Dalrymple
Ruth Ann and Carl Floto
Sarah and Byron French
Suzanne and Gary McIntosh
Randi and Dr. Neal Shah

Our Donors SHARE THE LOVE

The following is a list of donors who gave \$100 or more between November 1, 2014 - February 28, 2015.*

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*Any omission of names is unintentional.



Small gifts, when added up, can make a big difference!

Visit GrinAndShare.org, or contact cvalentine@manosdecristo.org to learn more.

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New monthly givers are shown in bold.

About Manos

OUR MISSION

The mission of Manos de Cristo is to empower low-income individuals with a loving hand of assistance and without regard to age, gender, race, or religious preference. Manos de Cristo promotes dignity and self-reliance by meeting basic needs with food and clothing, providing essential oral care, and furthering educational development.

OUR VISION

Manos de Cristo's life-changing services empower people of all backgrounds to build self-esteem and self-confidence and the ability to participate fully in the life of the community.

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At www.facebook.com/ManosATX
And Twitter @ManosATX

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THE MANOS DE CRISTO NEWSLETTER

Our Latest News, Events & Community Impact



Our thanks to Little Engine Homecare, who made a personal delivery to donate a gift basket full of toothbrushes, toothpaste and floss to the Manos Dental Center to give to our patients.

Little Engine provides pediatric home care provider services for children.

For more information, visit:
www.littleenginehomecare.com