



THE MANOS DE CRISTO NEWSLETTER

Our Latest News, Events & Community Impact

Summer 2014

Back-To-School



Happiness is a new backpack for going back to school.

Summer Time BACK TO BASICS

School's out for the summer! Those words instantly bring memories of letting our hair down, going to camp, enjoying the latest movies, and spending time with our families. For parents summer is also the time to tackle checklists of tasks that need doing like going to the dentist, painting the house, or getting the kids ready for school again in the fall.

For many in our community, preparing for a new school year can be a challenge. Fortunately, Manos is here to lend a helping hand. For approximately 20 years, Back-to-School (BTS) has made an impact. One parent, Zita, a former English as a Second Language (ESL) and computer student at Manos, was able to find just what her children needed at our Back-to-School program. Speaking from the heart, she shared the common hardship many parents have.

Sometimes [as parents] you deprive yourself of things in order to be able to afford them for the kids. So many unexpected expenses come up.

Her children loved the supplies they received. "Hasta la fecha, no se han soltado las mochilitas!" Translated, "To this day they haven't let go of the (little) backpacks!" The Back-to-School program began as a joint project of the Clothes Corner, which was a partnership between the Women of El Buen Pastor Presbyterian Church and Manos de Cristo. Longtime volunteer Laura McAfee can attest to the program's growth, saying "We held it in the fellowship hall at our old location on Willow St. giving new school supplies and new and gently used clothing to approximately 200 children." In 2013, it was held in the North Austin Event Center over a

two-week period giving 2,041 students an exciting start to the school year.

Manos programs bring dignity to everyone we serve. Together we can share the experience of that first day of school and of a great year to come.

This year, Back-to-School takes place over two weeks, August 4-8 and August 11-15 at the North Austin Event Center (subject to change). To volunteer, email Lily Lombardi at llombardi@manosdecristo.org, or call 512-628-4202. If you wish to support the Back-to-School Program at \$30 per child, visit our website at www.manosdecristo.org and click the Donate Now button, or fill out the enclosed donation form.

Dear FRIENDS & SUPPORTERS,



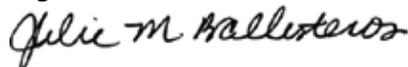
It's summertime. Like many of you, I try to find a small window of time to go back to the basics and regroup during this time. Taking a few days off to soak in the sun, going to the beach, or traveling with family and friends to decompress can work wonders. And you know what? Once I've wiped the slate clean, it's so much easier to get my creative juices flowing again and plan for what the fall may bring.

In that spirit, our Manos de Cristo Board and staff retreats this summer will allow our team members to gather at the table to talk about roles and responsibilities and plan for the work ahead at our agency. As our Education Department continues with summer classes, we'll round out the summer by assembling our staff and volunteers to help our community prepare their children with our Back-to-School Program.

As a former educator, nothing brings me more satisfaction than knowing over 2,000 children in need will have a great start to their year. Our thanks to the Austin Junior Forum, Ronald McDonald House Charities, and the Maximus Foundation for being champions of Back-to-School with their core gifts. Thanks too to the St. David's Foundation and I Live Here, I Give Here whose support during this year's Amplify Austin campaign, helped make the 2014 Back-to-School program possible.

Be sure your summer check list includes 1) sharing the word about Back-to-School with your neighbors who face the challenges of poverty and may need a little extra help; 2) signing up to volunteer, or 3) considering helping with your financial support.

Together we can meet our mission.


JULIE BAALESTEROS, EXECUTIVE DIRECTOR

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Manos Welcomes NEW BOARD MEMBERS

Manos de Cristo welcomes three new members to its Board of Directors. Welcome Rich Villa, Terry B. Kahler, and Dr. Tana Busch.



Rich Villa
Streusand, Landon & Ozburn, LLP



Terry B. Kahler
Retired



Dr. Tana Busch
8118 Dental Professionals

Donor Wall Unveiling: Love Means Saying...



On May 8th Manos de Cristo held a reception to celebrate and unveil our beautiful new donor wall designed by Dyal and Partners to recognize our supporters: our Dental Center Expansion Campaign donors, Hearts for Hope Major Giving Circle and the "Founding 100" Grin & Share It members. Speaking to our donors that night, Executive Director, Julie Ballesteros, shared the hopes behind the project.

We wanted to design a donor wall that would show our clients that you believe in them, show our visitors how, working together, we can change lives, and show our donor family how much we appreciate them.

Photos: (Top left) Manos de Cristo donor wall, (middle left) donor Iselda Einung pointing to her name, (middle right) Carla Fraser and Marissa Dessanti of Dyal and Partners on either side of Manos Board President, Leslie Thorne, (bottom) Manos donor wall.



Summer Reading **SUMMER LEARNING**



For many adult learners getting back to basics means attaining core skills that open doors to a better job, helping their children with school work, and participating in their community. Learning basic computer skills, mastering English as a Second Language, Adult Basic Education in Spanish or preparing for the citizenship exam are some of the core

Share Our Strength (www.nokidhungry.org), an international organization that began in 1984 to address the Ethiopian famine, states that a child that doesn't get enough to eat is more likely to get sick more often, less likely to graduate from high school, or go to college, and much less likely to have enough income to feed her family when she becomes an adult.

To get a better understanding of the issues of hunger and literacy Karen Green, Director of Education at Manos de Cristo, recommends adding these books to your summer reading table:

A Place at the Table: The Crisis of 49 Million Hungry Americans and How to Solve It
by Participant Media and Peter Pringl

The Last Reader Standing
by Archie Willard

The Teacher Who Couldn't Read
by John Corcoran

classes that Manos de Cristo provides for approximately 600 adult students each year.

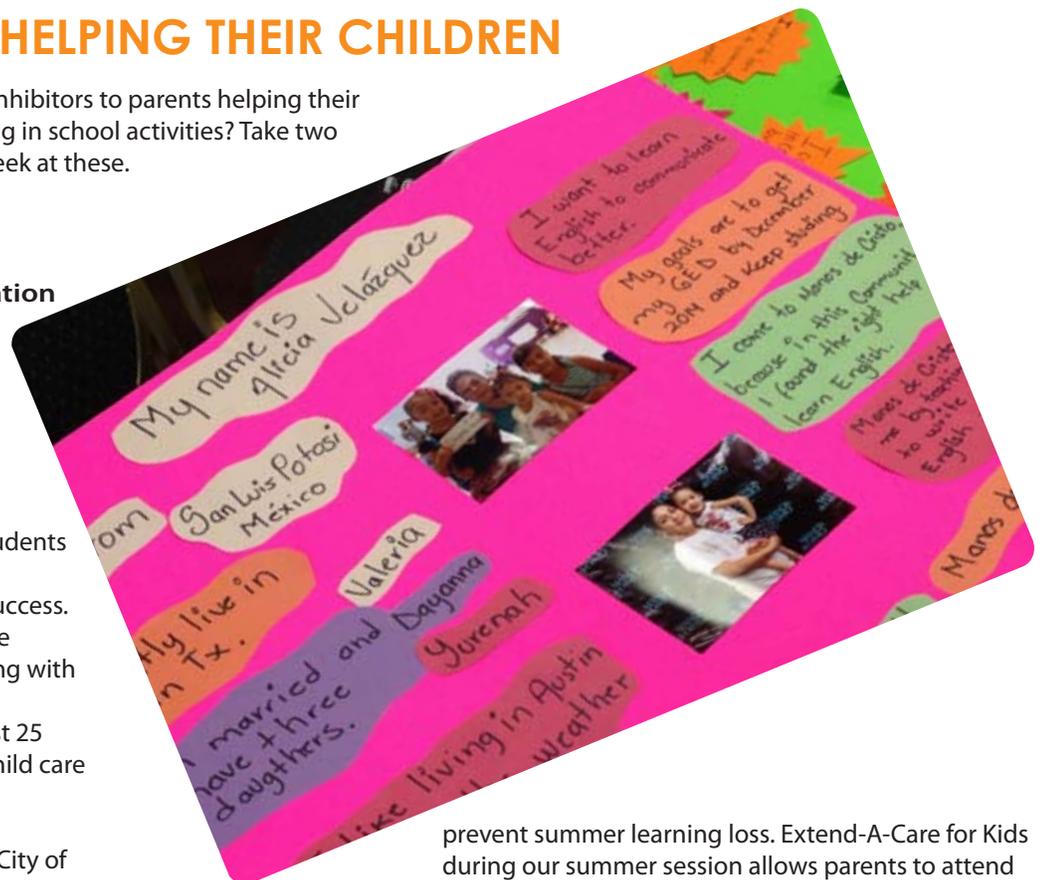
Inhibitors to parents **HELPING THEIR CHILDREN**

Test your knowledge. Can you name two inhibitors to parents helping their children with school work and participating in school activities? Take two minutes to list your answers then take a peek at these.

1. Lack of English proficiency
2. Lack of literacy and formal education
3. Difficult work schedules
4. Lack of reliable transportation
5. Lack of reliable childcare

Manos' Education Program offers adult students the chance to learn in a safe and creative environment, setting them on a path to success. One way we support our students over the summer at Manos de Cristo is by partnering with Workforce Solutions' Child Care Services. Single parents working or studying at least 25 hours a week are eligible to receive free child care through Extend-A-Care for Kids (EAC).

Made possible through funding from the City of Austin for the Workforce and Education Readiness Continuum program, EAC provides children's enrichment activities such as movement, music, and *Boost Your Brain Juice*, a program designed to



prevent summer learning loss. Extend-A-Care for Kids during our summer session allows parents to attend classes at Manos and bring their children along and continue their academic progress through the summer.

For more information about classes at Manos de Cristo, visit: www.manosdecristo.org/education.html

Amplify Austin **AMPLIFIES MANOS**

As the great entertainer Jimmy Durante famously said, "Everybody wants ta get inta da act!" It was the great involvement of our donors, volunteers, clients, board members and staff that propelled Manos de Cristo to raise a total of \$165,977 during this year's 24-hour-marathon-giving-blitz known as Amplify Austin. The giving campaign, a program of I Live Here, I Give Here, is one of the signature events they facilitate to encourage philanthropy in the Austin area.

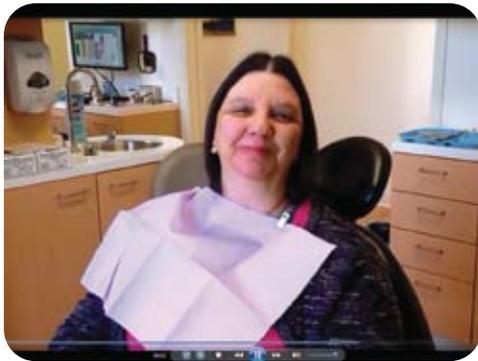
Manos' donations were matched by the St. David's Foundation at .50 for each dollar, helping us support programs like our Back-to-School Program that supplies over 2,000 children with the tools they need for a great start at school in the fall. PLUS, Manos won an additional \$1,000 for raising the most dollars from 10-11 p.m. the night of March 20th.

Manos put the word on the streets by having individual fundraisers shooting selfie photos and videos, and posting them on social media and emails and by encouraging everyone to Amplify Manos!

Thank YOU, our generous donors, I Live Here, I Give Here, and St. David's Foundation. Watch for news on next year's event.



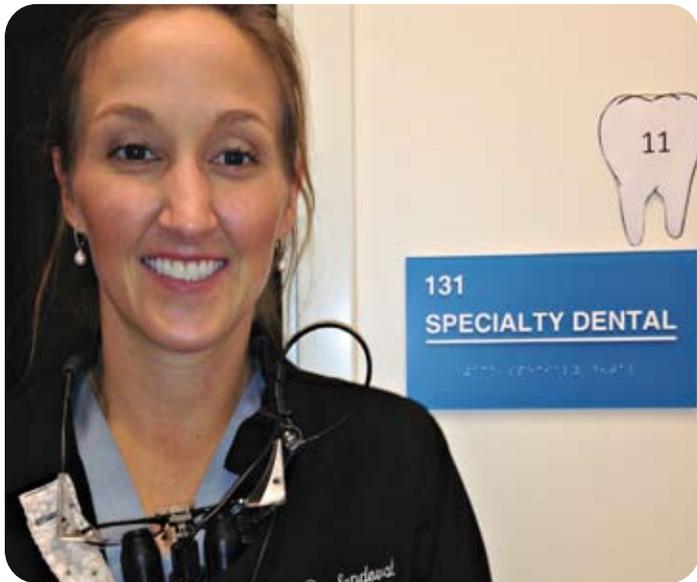
"Amplify Manos!"



Photos: (Top left) Sign at the St. David's Foundation Amplify Austin lunch who gave .50 for every dollar raised by its partners, (middle left) donor and volunteer Sue Runyon who let us video her during an appointment at the Manos Dental Center, (left middle) Manos board member Glenn Dukes, (middle right) Vanessa Price (left) and Elva Hansen (right) our fabulous Dental Center Administrative Assistants, and (bottom) the staff at Manos shooting a selfie for Amplify Austin.



Keeping OUR SMILES BRIGHT



Dr. Kendra Sandoval has been a dentist at the Manos de Cristo Dental Center for 1 ½ years. One of her favorite pastimes is doing yardwork. Asked recently what she would bring if she were stranded on a deserted island and she could only bring one item she said, "Floss!"

Dr. Kendra Sandoval, a dentist at Manos de Cristo, offers her summertime tips to help us get back to the basics of good dental care. "With summer here, it's important to take care of your teeth. The season brings many great foods, but some have tons of

sugar. Snow cones, sweets, and summer beverages are delicious, but all of that sugar can break down the enamel of your teeth, leading to cavities." Dr. Sandoval recommends these tips to make sure you can keep your smile bright all summer long.

Chew sugarless gum after a meal. It's a good way to substitute brushing between meals.

Use mouthwash that contains fluoride to strengthen teeth and help prevent decay.

Be aware that excessive amounts of coffee or tea can stain your teeth.

Try some low-fat milk and other dairy foods that are rich in calcium and help to keep our teeth and gums healthy.



If you're ready to get back to basics, give our Dental Center at Manos de Cristo a call at 512-477-2319. For more information, you can also visit www.manosdecristo.org/dental.html



Photos: Left, Julie Ballesteros, Executive Director, gives an overview of Manos de Cristo. Top right, Beatriz Cruz, Manos teacher, shares her story. Bottom right, Diane Riehs, Major Gifts Manager, leads the welcome to Manos.

Our first open house on May 6th at Manos was a fun way to introduce visitors to our programs. The hour consisted of lunch, a tour of the Dental Center, Basic Needs and Education areas, and hearing a personal story from former student and now Manos teacher Beatriz Cruz.

"I wanted to learn English so I could work with my son on his school work and other activities for school. My next goal is to finish my degree that I started in Mexico in Computer Science."

Our next open house is July 15th at 4:30 p.m. To join us, contact Christina Valentine, Development Coordinator, 512-628-4203, or email: cvalentine@manosdecristo.org.



"Variety's the very spice of life, that gives it all its flavor," said poet William Cowper. Austin's very own Urban Roots adds spice to the foods they share with Manos de Cristo. We thank them for their fresh-from-the-ground onions they donated recently so those in need can also enjoy the spice of life.

"We are so honored to grow food for you and all whom you serve!!!" shared Max Elliott, Urban Roots Executive Director.

Urban Roots has fun opportunities to volunteer including planting, harvesting, preparing produce for market, and more. Visit them at www.urbanrootsatx.org.



Thanks to PAN AMERICAN ROUND TABLE



Our deepest thanks to the Pan American Round Table who presented Manos de Cristo with a donation in May. At left Manos Executive Director, Julie Ballesteros is presented with a check by PART President Amalia Rodriguez Mendoza.

Mil gracias for helping us meet our mission!



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: Sales Strategies, Inc.
Sara and Dick Rathgeber

Silver Heart

Betty and Hal Meyer
Dr. Susan G. Pelzer

Faithful Heart

Drs. Cheryl and Bill Banks
Britta and Glenn Dukes
Kathy and Jim Floyd
Karen and Jerry Hughes
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

Suzan Arizpe, MD and Caesar Arizpe, PE
Jean and Bill Avera
Kathy Bailey
Ray Barr
K'Andrea Bickerstaff
Mary Pat and Stephen Braunstein
Dr. Tom Richardson and Gail Dalrymple
Ruth Ann and Carl Floto
Sarah and Byron French
Suzanne and Gary McIntosh
Randi and Dr. Neal Shah

For information about joining, please contact Diane Riehs, Major Gifts Manager, at driehs@manosdecristo.org or 512-628-4203.

Our Donors SHARE THE LOVE

The following is a list of donors who gave \$100 or more between March - May 2014:

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**Any omission of names was unintentional. Please contact us if an error was made.*



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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| Lone Star Periodontics | Delia Quilumbaqui | Patrick Youngblood |
| Celina & Vaughn Mankey | Teresa Recar | |
| Carlos Martinez | Diane & Ron Riehs | |

ABOUT MANOS

OUR MISSION

Manos de Cristo empowers low-income individuals with a loving hand of assistance and welcomes all regardless of age, gender, race, or religious preference. Inspired by the Christian ideals of service and compassion, Manos promotes dignity and self-reliance by providing essential oral care, furthering educational development, and meeting basic needs with food and clothing.

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.

CONNECT WITH US

4911 Harmon Avenue
Austin, TX 78751
512-477-7454
www.manosdecristo.org



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www.facebook.com/ManosATX



And Twitter @ManosATX



4911 Harmon Avenue
Austin, TX 78751



THE MANOS DE CRISTO NEWSLETTER

Our Latest News, Events, & Community Impact

SAVE THE DATE: Caleb 5K on July 12, 2014

For the third consecutive year, Manos will be the beneficiary of funds raised through the fun run known as the Caleb 5K. The event is inspired by the late, Caleb Koke, who was an accomplished athlete with audacious dreams and genuine love for children.



The mission of the Caleb 5K is to celebrate life, connect with the community and run for a greater cause than ourselves. One of those causes is Manos de Cristo's Back-to-School (BTS) program.

Sign up as an individual, or gather a team together to support Manos in this fun way! All fitness levels are welcome as race participants have been known to run, skip, walk and even crawl through the race. Once you cross the finish line, be prepared for some serious fun, including live music, food, and a giant water balloon fight! Can't attend? Visit the website to support Manos de Cristo!

Visit www.caleb5k.com for details on how to sign up and support Manos de Cristo.

Basic NEEDS

Our Food Pantry and Clothes Closet rely on the generous donations of supporters like you. While we always happily accept any donations, these are our specific needs right now:

CLOTHES CLOSET

Men, women and children's summer clothing (shorts, t-shirts, tanks, etc.)

FOOD PANTRY

Cooking oil, sugar, bread, corn meal, cereal, fresh or canned fruit

INSIDE

Back to **BASICS**

NEW Board Members

Donor Wall **UNVEILING**

Summer **LEARNING**

Our Donors **SHARE THE LOVE**