



# 2024

## ANNUAL REPORT



## Our Mission

Our Mission is to join communities, build and strengthen neighbor relations, and work side-by-side with residents to address community-wide concerns and link resources supporting a healthy, safe, and economically comparable standard of living.

## Our Philosophy

Our Philosophy is to nurture inclusive communities, unite to create support networks and determine the necessary strategic actions to address chronic, but preventable, problems.

## Our Programs

Our Programs focus on partnering with community-based efforts that target the emergency needs of severely poverty-stricken families and individuals in rural Appalachia, including providing food, shoes, winter coats, medical assistance, school supplies, utility assistance, and home repairs for families, people with disabilities, elderly individuals, and veterans who suffer due to economic and physical hardship. In addition, our programs focus on children's future by supporting after-school programs, summer camps and enrichment programs, summer food programs, youth mentorship, vocational training, and bridging the digital divide challenges that Appalachian children experience.



## A Message From The Executive Director

Dear friends,

In the mountains of Appalachia, you will find some of the most resilient communities in America. Even before the Great Depression, everyday life was a struggle. Appalachians lived off the land, hunted, and grew food when they could. But one of the greatest strengths of Appalachia is the close-knit communities that exist in every town. Neighbors know each other's issues and are always happy to lend a hand.

Americans Helping Americans works closely with these communities of survivors, delivering aid and funding programs to help these mountaineers. Our network of community leaders serves as vital connections to what people need in the hollers and valleys, ensuring we reach everyone, including the shut-in elderlies. At Americans Helping Americans, we believe fostering strong community bonds and addressing immediate needs is key to building a brighter future in Appalachia.

In the following pages, I hope you realize our commitment to the children, families, and communities our funds support is made possible because of your generosity. Your support equips every food box and fuels every delivery of life-saving aid that these resilient Appalachians accept. Together, we are showing that these communities are not forgotten, and to the children, we are showing them that their future matters. Thank you for being part of this mission. Appalachia is about resilience and connection, and I am proud to share with you what we have been able to accomplish together this year.

-Cameron Krizek  
Executive Director



**Cameron Krizek (left), Christian Relief Services Charities CEO Bryan Krizek (right) Rita Krizek (middle left) President of Cumberland Mountain Outreach, Cynthia Evanoff (middle right) at Red River Gorge**

# Our Methods

We partner with individuals and local grassroots organizations to fund innovative and sustainable programs to meet the needs of communities living in poverty within Appalachia. As the financial sponsor of numerous programs, our partnership with community leaders ensures the necessities of children and the elderly are met. Our basic philosophy of providing the tools to achieve self-sufficiency rather than dictate what will be done to impoverished people aligned with our community networks creates a ripple of ideas that work and are shared across the Appalachian Region.



## Food & Sustainability

For many children living in poverty having reliable meals is just a dream. Our grants stock food banks with healthier perishable items; deliver meals to children in the summer time when school is out and to families without vehicles living too far from grocery centers; provide grants to purchase turkeys and dinner meals for holiday celebrations; construct community gardens which sustain the region with healthy produce and teach families how to grow their food with innovative techniques.



## Education Support

Appalachian students don't receive the same resources as students in other places in America. Our grants sponsor after-school sessions and tutors to help struggling students as well as provide a meal they may not get at home; sponsor tutors and vocational sessions for career building; provide supplies to thousands of students yearly; sponsor summer camp groups to prevent hunger, boredom, and isolation during the quintessential childhood experience that is Summer Break; give laptop computers to students who do not have a personal computer at home enhancing their education experience.



## Home Repair

Thousands of elderly and disabled homeowners live in homes they can't even get into because of uneven or dangerous steps, no wheelchair ramp, or deteriorating construction. Our grants to numerous partners in Appalachia provide the cost of materials and labor so that work groups, volunteers, and contractors can rehabilitate the home for its owner.



## Utilities and Basic Needs

Not being able to pay your rent or utilities could mean eviction and homelessness. We ensure thousands of lights stay on, respiratory assisting machines operate, and children stay warm during the frigid winter months. We also provide hundreds of children with new shoes.



## Medical

Grant funding provides for dental kits for youth, eye treatment and glasses for adults, free consultation for diabetes and hypertension, and shuttles and incentives to help vaccinate from the coronavirus.



## Community Outreach

Flexible spending allows investments into communities and program partners, helps grow nonprofit organizations in all states, and responds to natural disasters.



# Food & Sustainability:



Our food security programs benefited 479 individuals through our partnership with Sprouting Hope's Homegrown program, which enables budding gardeners to start their backyard gardens in Virginia, and the Chris Williamson Hydroponics program, which benefits 450 individuals in Kentucky.



Throughout Appalachia, families living month-to-month or week-to-week struggle to get by working minimum wage jobs or relying on meager fixed incomes and government assistance to keep their children and themselves from going hungry.

For the past three years, Americans Helping Americans® has been distributing 10,000 food boxes to our community partners yearly.

Our partners can use the food boxes, at our cost of \$36, which can provide meals for a family of four for up to a week, to supplement their food bank, tie them into other in-kind distributions (such as school supplies or winter coats), or create their event the community can participate in.

A typical recent food box includes canned chili, spaghetti and meatballs, green beans, diced tomatoes, beef tamales, tuna, applesauce, fruit cocktail, Mandarin oranges, peanut butter, mac 'n cheese, rice, almonds, and Farina.

In distressed McDowell County, West Virginia, Dyanne Spriggs, co-executive director of our partner there, Big Creek People in Action (BCPIA), explained that while they do receive a limited amount of food each month from the U.S. Department of Agriculture, they still have to purchase food it gets from the Mountaineer Food Bank at a slightly reduced cost.

For BCPIA, the hundreds of food boxes it receives annually from Americans Helping Americans® are a big help to families and the elderly who have to count every penny to stretch their food dollars. She wanted the supporters of Americans Helping Americans® to know they are making a big difference in her small, tight-knit community.

Dyanne comments that the people who come to BCPIA for food boxes are those who work at "very low-paying jobs, many grandparents who are raising their children, and families who receive food stamps but need extra food. It is the people who are simply trying to provide for their families.

## Highlights

- Sprouting Hope – 29 families started vegetable gardens in their backyards
- Chris Williamson Hydroponics – 450 individuals benefited
- Holiday meals served – 2,648 meals provided
- Food Boxes – 10,000 food boxes, enough to feed a family of four for a week, were distributed

# Education Support:



Through the Americans Helping Americans® Want2Work initiative, our partners—the Lee County and Estill County Area Technology Centers (ATC), both located in Kentucky and the Lee County Career and Technical Center (CTC) in Virginia—are helping to ensure that promising students can complete their certifications and lead to promising and lucrative careers.

At the Lee County ATC, principal Craig Herald reported that grant funding from Americans Helping Americans® provided welding jackets, gloves, and caps for every student last fall.

But the biggest news is that “During the winter months, welding students took their welding jackets, gloves and welding caps to competition.

“Students competed at the regional SkillsUSA welding competition where they won the regional contests,” he reported. “One Lee County ATC student won first place using his Americans Helping Americans®-funded PPE (personal protection equipment). This student received scholarship and job offers.”

In sum, “Students and community partners are seeing the investment Americans Helping Americans® is making in the lives of students at the Lee County Area Technology Center, and they want in,” says Principal Herald.



## Highlights

- 3,662 school supplies to program partners in Florida, Georgia, Kentucky, Maryland, Ohio, Texas, Tennessee, and West Virginia; an additional 2,700 students in Mississippi, New York, North Carolina, Ohio, and Pennsylvania received custom school supplies; an additional 2,700 students in Mississippi, New York, Pennsylvania, Ohio and North Carolina received custom school supplies.
- 137 students in sponsored afterschool
- 574 summer campers
- 650 students benefited through Vocational Support/Want2Work



# Utilities & Basic Needs & Medical Treatment



Nearly 60% of Americans are a paycheck away from being homeless, and missing rent or a utility payment is grounds for eviction in many communities we serve. When money is tight, you often forgo basic needs such as dental care, eye care, proper shoes, seasonal clothes, and nutrition. Americans Helping Americans ensures that hard-working people keep a roof over their family's heads, the elderly have electricity to power medical devices, and children can do homework under a lamp, not a candle.



Each winter in the hills and hollers of Appalachia, families and senior citizens hunker down and do their best to keep warm in their homes while facing the sad choice of paying their utility bill or putting food on the table.

But thanks to our support and our partners in Georgia, Kentucky, and Tennessee, hundreds of individuals are provided with utility assistance during the coldest days of the year, so they do not have to make that dreadful choice or worry about their electricity being disconnected.

Among the recipients was Naomi, who told us, "I received a disconnect notice in the mail from my electric company and wasn't sure how I was going to keep my electricity on. I am on a fixed income, and with the temperatures dropping, I was worried how I was going to heat my home to stay warm."

She told us that she had visited other community assistance places, but they were already out of funding.

"Thankfully, I was able to get assistance at Cumberland Mountain Outreach. The help you guys give is so appreciated and there are so many people in this community who are grateful for your help.

"I also want to say how grateful I am to Cumberland Mountain Outreach and Americans Helping Americans® for all the help I have received over the years. Thank you from the bottom of my heart!"

## Highlights

- 1,578 received utility/rent assistance
- 924 youth and adult coats were distributed to school students, the elderly, and the homeless
- 3,000 dental kits were given to children
- 2,000 blankets distributed to families and homeless individuals
- 199 individuals received medical treatment at a free clinic in Georgia

# Home Rehabilitation



For decades, Americans Helping Americans has ensured that homes in Appalachia meet their owners' needs. Every year, over one hundred home restoration projects are completed, including building anything that will help the individual or the family, including a new handicap ramp or repairing a leaky roof. A broken house will prevent a child from getting their best education, and in many of the communities we serve, there are too many broken homes. Half of the homes in McDowell County, WV. were built before 1940, and half are rated below normal quality levels. Occupants living in a home with deteriorated walls, doors barely hanging to hinges, and poor insulation might try to start a fire in their house to stay warm in the harsh winters, which would endanger the family and those around them.



Home repair projects within Appalachia are not just about fixing houses; they are about improving lives and addressing the root causes of poverty. These projects have a far-reaching impact, making them a valuable investment for our mission.

Most projects are completed by an outside volunteer team from a university or church group. This experience for that team is valuable as it lets them get a fresh perspective, and some may come up with innovative solutions that the community hasn't considered before. They also gain additional skills regarding carpentry and home maintenance.

The recipients of the home repair projects are mostly older adults whose days of DIY have passed. They are on fixed incomes and are less likely to afford the materials. Some are also guardians over their grandchildren or caretakers of other children. While repairing roofs, walls, and floors constitutes most of our projects, constructing handicap-accessible additions is equally vital to the people we serve. Ensuring proper housing is essential for physical and mental well-being and facilitates inclusivity and independence for elderly and disabled individuals. These projects enable them to access their homes, remain active community members, and maintain self-sufficiency without constant assistance. Furthermore, such modifications could enhance the value of their properties. For many low-income residents in Appalachia, their home is their greatest asset.



## Highlights

- 134 homes rehabilitated
- 196 individuals living in a better home







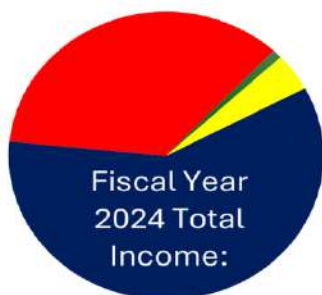
# Financial Statement

The financial results depicted here are derived from the Americans Helping Americans® June 30<sup>th</sup>, 2024 audited financial statements, which contain an unmodified audit opinion. Our complete audited financial statements can be obtained at [www.HelpingAmericans.org](http://www.HelpingAmericans.org) or by calling 1-888-371-6622 and requesting a copy.

REVENUE AND SUPPORT	Unrestricted	Donor Restrictions	Total
• Noncash Contributions	\$1,503,596	\$ -	\$1,503,596
• Cash Contributions from Affiliates	820,000	-	820,000
• Cash Contributions	47,657	28,874	76,531
• Workplace Campaign Contributions	-	25,135	25,135
• Other Cash			
Wills and bequests	15,124	10,000	25,124
Other Income	12,500	-	12,500
Rental Income	18,615	-	18,615
Investment Income Net	51,272	-	51,272
Satisfaction of Time Restrictions	23,567	(23,567)	
Satisfaction of Purpose Restrictions	38,874	(38,874)	
=			
<b>TOTAL REVENUE AND SUPPORT</b>	<b>\$2,531,205</b>	<b>\$1,568</b>	<b>\$2,532,773</b>
<b>EXPENSES</b>			
• Program Services:			
Domestic Programs	\$2,372,039	\$ -	\$2,372,039
Total Program Services	2,372,039	-	2,372,039
Supporting Services:			
• Management and General	22,635	-	22,635
Fundraising	99,794	-	99,794
Total Supporting Services	122,429	=	122,429
<b>TOTAL EXPENSES</b>	<b>2,494,468</b>	<b>=</b>	<b>2,494,468</b>
Change in Net Assets	36,737	1,568	38,305
Net Assets, Beginning of Year	990,381	21,424	1,011,805
Net Assets, End of Year	<u>\$1,027,118</u>	<u>\$22,992</u>	<u>\$1,050,110</u>

## Support and Revenue

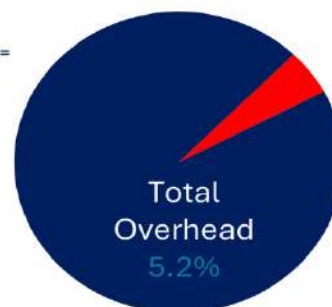
- Noncash Contributions = \$1,503,596
- Cash Contributions = \$896,531
- Workplace Campaigns = \$25,135
- Other Cash = \$107,511



FY 2024 Total Income  
\$2,372,039

## Expenses

- Program Services = \$2,372,039
- Management & Fundraising = \$122,429



FY 2024 Total Expenses  
\$2,494,468



## Board of Directors

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Bieu Do, Chief Financial Officer

## Executive Staff

Cameron Krizek, Executive Director  
Dave Frank, Fulfillment Manager

## We Could Not Do It Without You

Thank you to all who continue supporting Americans Helping Americans® and our partners! We especially thank all Federal and Military personnel who have contributed to our organization through the Combined Federal Campaign (CFC) and state, local, United Way, and corporate campaigns across the country.



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