



2021

AMERICANS
HELPING
AMERICANS

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 to link resources supportive of 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, utilities 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 the future of children 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. ★



*Front cover photo: Gene (founder) and his grandson (Cameron)

A Message From The Executive Director

Dear supporters and friends,

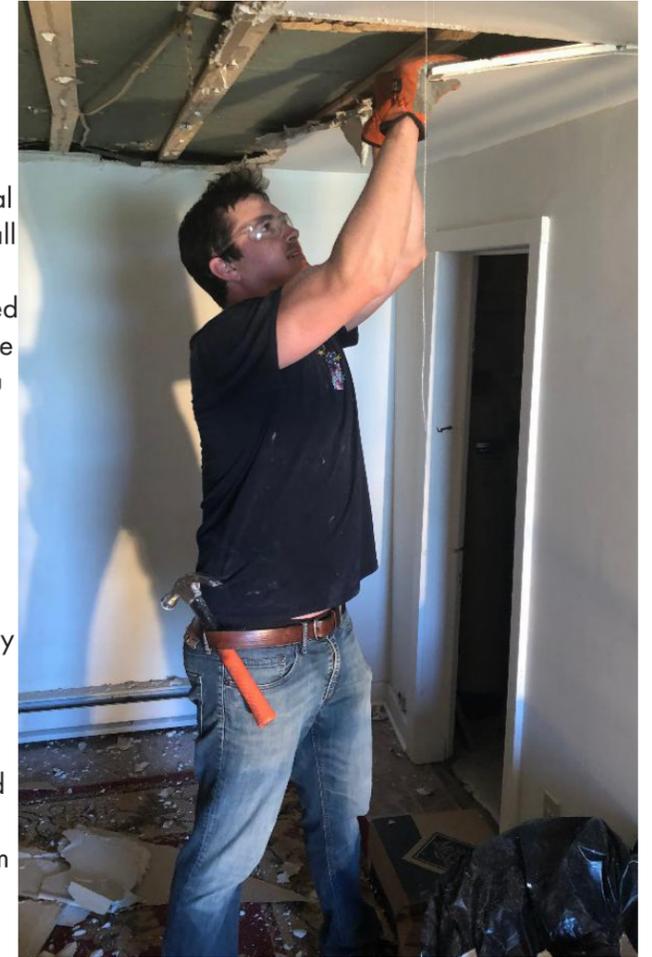
As you heard, my grandad Eugene "Grandad" Krizek and my grandmother Adeline "Grady" Krizek passed away in the fall of 2021. Grandad of course started Americans Helping Americans to help the communities in Appalachia and my Grady was crucial for the early success of the program, volunteering on the Board all while raising my dad and my two uncles. Grandad retired from the charity when he was 88 but he never stopped being interested in the good we do. He would always have a big smile on his face when I would regale him with a story from Appalachia. Love you guys!

Just like Grandad and Grady, you understand the problems of Appalachia. And while the days are hard in these communities, your gifts and support bring hope to the individuals we serve. Hope cannot be measured or given a price. When you have hope you feel like you can do great things. That was a philosophy Grandad shared with me and I get to see it firsthand. Last year during one of our shoe drives, a teenager walked several miles to us in flip flops in the middle of the winter. He didn't have any other shoes. We told him he could pick out any pair of shoes and he told me, "I didn't know I could be so lucky." Every day, I think about how getting those new shoes was lucky for him. I hear from the community leaders that he's doing much better in school and taking care of his younger siblings. He has hope now.

While you're reading about what we accomplished together this year remember that this is made possible because of you and your generosity. My grandparents might have started Americans Helping Americans, but it is you that will continue it with your loving gifts. You give hope to the hopeless. Thank you for all you do. ★

A handwritten signature in black ink, appearing to read "Cameron".

-Cameron Krizek
Executive Director



Our Methods



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 times when school is out as well as to families without vehicles that live too far from grocery centers; provide funds to purchase turkeys and dinner meals for holiday celebrations; and construct community gardens which sustain the community with healthy produce and teach families how to grow their own food with innovative techniques.

Total Support Provided: \$142,048



Education Support

Appalachian students don't receive the same resources as students in other places of America. Our grants sponsor after school sessions with both tutors to help a struggling student as well as after school meals they may not get at home; sponsor instructors and vocational sessions for career building; provide school supplies to thousands of students yearly; sponsor summer camp groups to prevent hunger, boredom, and isolation during the long months of summer; and give laptop computers to students who do not have a personal computer at home to enhance their education.

Total Support Provided: \$95,000



Home Repair

Thousands of elderly and disabled homeowners live in homes they can't easily access because of uneven or dangerous steps, no wheelchair ramp, or the house itself is in disrepair and deemed unsafe. Our grants to numerous partners in Appalachia provide the cost of materials and labor so that work groups, volunteers, and contractors can rehabilitate homes.

Total Support Provided: \$101,300



Utilities and Basic Needs

Not being able to pay rent or utilities can often mean eviction and homelessness. We ensure thousands of lights stay on, respiratory assisting machines operate, and children stay warm during the cold winter months. We also ensure hundreds of children get new shoes, as well as warm winter coats and winter gear.

Total Support Provided: \$80,300



Medical

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

Total Support Provided: \$20,640



Community Outreach

Flexible spending allows for investments to be made to communities and for program partners, help growing nonprofit organizations, as well as respond to natural emergencies, such as floods and other weather events.

Total Support Provided: \$231,562

Food & Sustainability: Food Banks, Food Deliveries, Holiday Meals, Community Gardens, Horticulture Education



Americans Helping Americans has sponsored gardens large and small over the last three years helping communities and individuals become more food secure. These gardens provide hundreds of pounds of produce yearly feeding the elderly and most needy while also educating the youth in traditional and innovative gardening techniques.

- In Marion VA, 5 families participated in the Homegrown project hosted by our partner Sprouting Hope. These families were equipped with the knowledge and tools to start a produce garden growing their choice of fruits and vegetables, providing enough food for themselves and for their friends and family.

- The Puckett Family Community Garden, in Beattyville, KY, is an 11-acre farm growing 100 heads of lettuce, 80 hills of cucumbers, 1400 tomato plants, zucchini, sweet corn, green beans, and bell peppers. This produce was delivered to retirement homes and homeless shelters in the community, and was made possible with funding from Americans Helping Americans.

- We also purchased a new greenhouse for our longstanding partner Cumberland Mountain Outreach, also in Beattyville, KY.

Americans Helping Americans also delivered 3400 boxes of food containing weeks of meals to families, fed 5,437 children during the summer months, delivered Thanksgiving and Christmas meals to 3,516 individuals and sponsored food banks visited by 22,188 individuals.



Education Support: Afterschool, Digital Divide, Vocational School, Summer Camps, School Supply Kits



Students in Appalachia and children living in poverty don't have the same resources as their more affluent peers. It's a sad truth that areas where student performance ranks the lowest is in these Appalachian states. Our support breaks barriers that might cause a child to fall behind in school by offering school supplies with everything they will need for the year and additional support in the form of afterschool and summer camp programs.

- 2700 school supply kits were delivered, each providing students with pencils, pens, paper, notebooks, paper, and all other supplies needed to start the school year well.
- 34 new computers were delivered to stay connected to the virtual classroom, particularly important during this challenging year.
- 280 individual students attended sponsored afterschool tutoring sessions where they received help with their studies as well as after school meals.
- 79 young adults attended vocational schools.



LEARNING SOMETHING NEW

Cianna is a student in McDowell County that has been attending the afterschool program for four years. Due to the pandemic, the parents were given the choice of sending their kids to school or participating in virtual lessons. Cianna's mother likes the care she receives at our Center in Afterschool and decided to send her to our Center for the remote learning. We transport them to our center, socially distance the kids, feed them, make sure they are on-line at the times they need to be, and help them with their work when needed.

Cianna recently started learning two-step multiplication in her math class. She was struggling to learn how to do it. She would get frustrated, mad, and even cry. We worked with her for one week until she finally learned how to do it.

We can help them during their instruction time, but we cannot help them during a test. Each student must keep their microphone and camera on during the test so that the teacher can see that nobody is sitting there helping them with the answers.

At the end of the week, she had a test on the two-step multiplication problems. She was nervous about it, but we told her you know how to do it, don't be nervous. Cianna got her scores back and she made 100%! She was excited and so were we. We are very proud that she worked hard to learn this new skill. She has many more things to learn, but she knows we will be there to help her any time we can.

Big Creek People in Action, our partner in McDowell County, WV



Home Rehabilitation



The pandemic continued to prevent volunteer groups from helping our efforts to make repairs on peoples' homes and increased the cost of supplies needed to complete the projects. However, our teams still had an effective home renovation season. We would like to thank all the groups and contractors that helped us complete 117 home repair projects this year.



GIVING BACK TO THE COMMUNITY

Rob Toby was an East Tennessee native and a Jefferson County native all his life. Rob was the epitome of southern hospitality. He was a friend to all.

Rob wore many hats. He was a father, grandfather, preacher, professional roofer, hardware store rep, and these are but a few of the many avenues of his talents. He worked closely with Appalachian Outreach for many years both as a volunteer, helping visiting volunteer teams roof houses, and as the liaison for roofing materials at a local hardware store.

In his later years, Rob began to experience health problems related to his back. Likely a result of his many years as a roofer, Rob did not let this slow him down nor sour his outlook. Rob continued to try his best and show immense kindness to all in his path. After much thought, Rob finally decided to retire. He was no longer able to move freely or lift effectively, so his job as a hardware store employee came to an end.

In retirement, his health continued to decline, and he soon found himself in need of a ramp. A longtime volunteer of Appalachian Outreach and the Jefferson City community, it was time for Rob to receive rather than give. It was an immense honor for us to give back just a small piece of what Rob gave so many for so long. With his ramp finished Rob not only had an easier way to exit his home, but he knew the appreciation and love of his community felt towards him. Rob was able to enjoy the last six months of his life with pleasure of knowing in the same way he cared for his friends and neighbors of Appalachia they cared back.

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. When money is that tight basic needs such as dental care, eye care, proper shoes, proper seasonal clothes, and nutrition are often forgone.

- 46 eye examinations, and proper eyeglasses prescribed.
- 2,899 dental kits supplied to schools and churches to improve dental care habits for children.
- 2,000 children's winter coats and 900 adult winter coats provided.
- 410 children received brand new shoes.
- 1740 blankets sent to families to stay warm.
- 1,980 individuals received utilities and rent assistance, keeping them from losing their homes.

Additionally, with our grant support, Community Helping Hands Clinic in White County Georgia treated 204 people living with diabetes. Americans Helping Americans was also proud to shuttle 120 individuals living far from the nearest clinic and without vehicles receive at least their 1st COVID-19 vaccination shot.



Community Outreach



Special emergencies and natural disasters happen what seem like all the time and Americans Helping Americans is prepared to provide emergency funding when needed.

One such example occurred this past year on March 1st, 2021, when persistent rains caused major flooding across eastern Kentucky, submerging Main Street Beattyville in 6 ft of water, destroying over 100 homes and 90% of all local businesses. Americans Helping Americans quickly donated \$210,000 and raised tens of thousands more to help this town rebuild, bringing much needed hope to the community. Since then, 47 out of the 50 businesses that had over 3 feet of water in them have repaired, repainted, and re-opened. People who lost their homes were given grants to assist in rebuilding and some have even purchased new mobile homes. Beattyville, KY has recovered, and the future looks bright for the residents!



Financial Statement

The financial results depicted here are derived from the Americans Helping Americans® June 30th, 2021, audited financial statements, which contain an unmodified audit opinion. Our complete audited financial statements can be obtained at www.HelpingAmericans.org or by calling 1-888-371-6622 and requesting a copy.

Support and Revenue	Unrestricted	Temporarily Restricted	Total
● Noncash contributions	\$512,594	\$ -	\$512,594
● Cash Contributions from affiliate	\$1,100,411	\$ -	\$1,100,411
● Workplace campaign contributions	\$ -	\$29,927	\$29,927
● Cash contributions	\$42,349	\$32,262	\$74,611
● Interest Income	\$17,068	\$ -	\$17,068
● Other income	\$26,964	\$ -	\$26,964
Net Assets released from restrictions			
Satisfaction of time restrictions	\$25,635	(\$25,635)	\$ -
Satisfaction of purpose restrictions	\$32,262	(\$32,262)	\$ -
Total Support and Revenue	<u>\$1,757,283</u>	<u>\$4,292</u>	<u>\$1,761,575</u>
Expenses			
Program Services:			
● Domestic programs	\$1,309,203	\$ -	\$1,309,203
Total Program Services	<u>\$1,309,203</u>	<u>\$ -</u>	<u>\$1,309,203</u>
Supporting Services			
● Management and general	\$26,889	\$ -	\$26,889
● Fundraising	\$25,287	\$ -	\$25,287
Total Supporting Services	\$52,176	\$ -	\$52,176
Total Expenses	<u>\$1,361,379</u>	<u>\$ -</u>	<u>\$1,361,379</u>
Change in Net Assets	<u>\$365,904</u>	<u>\$4,292</u>	<u>\$400,196</u>
Net Assets, Beginning of Year	<u>\$331,940</u>	<u>\$19,508</u>	<u>\$351,448</u>
Net Assets, End of Year	<u>\$727,844</u>	<u>\$23,800</u>	<u>\$751,644</u>

Board of Directors

James J. O'Brien, Esp., Chairman
 Robert J. Hisel, Jr.
 Rear Admiral Eric C. Jones, USCG
 Thomas O'Brien
 Elayne Silversmith (Diné)
 Frank L. Stitely, CPA
 Bishop Ketlen A. Solak
 Colonel John F. Williams, USA Retired
 Eugene L. Krizek, Col. USAF Retired (Deceased, Founder and former President Emeritus)
 Clyde B Richardson, Treasurer (Deceased)

Corporate Officers (Non-Voting)

Bryan L. Krizek, President/CEO
 Hon. Paul Krizek, Vice President/General Counsel
 Nhi Ho Cao, Secretary
 Bieu Do, Chief Financial Officer

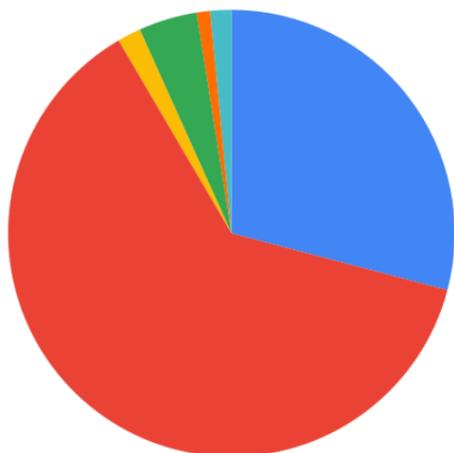
Corporate Officers (Non-Voting)

Cameron Krizek, Executive Director
 Dave Frank, Fulfillment Manager

We Could Not Do It Without You

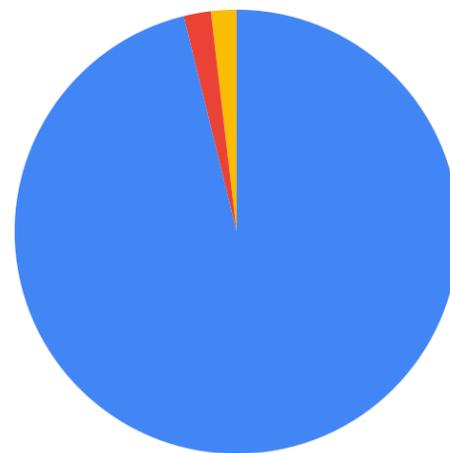
Thank you to all those who continue to support Americans Helping Americans® and our partners! We especially thank all Federal and Military personnel who have contributed to our organization through the Combined Federal Campaign (CFC) and state, local, United Way, and corporate campaigns across the country.

Support and Revenue



FY 2021 Total Income
\$1,761,575

Expenses



FY 2021 Total Expenses
\$1,361,379



8301 Richmond Highway
 Alexandria, VA 22309
 703-317-9440
www.HelpingAmericans.org




AMERICANS HELPING AMERICANS[®]
Building and Strengthening Our American Communities