

Executive Director Maura Taylor speaks to a sold-out crowd at Self Help's fiftieth anniversary gala on October 5th.

Self Help, Inc

2019 Annual Report



50 Years of Neighbors Helping Neighbors

The Big 50!

Self Help celebrated our 50th anniversary with a bang on October 5, with a food and wine gala at Trinity on the Hill Episcopal Church. Over 100 community members attended, along with some 30 volunteers. In honor of 50 years of service, October 5 was declared "Self Help Day" by Governor Michelle Lujan Grisham, Rio Arriba County, and Los Alamos County. The event netted over \$17,500 to support our vital services. Thank you!



Muy Salsas, a new family-owned taco company in Los Alamos, was one of our seed grant recipients this year.



100 Men Who Care selected Self Help to receive the proceeds of their July meeting. These funds supported victims of domestic violence and helped 9 families in 2019!

Pictured: Ryan Tatro, Maura Taylor, and David Izraelvitz.

What Makes Self Help So Unique?

- **Speed.** We often prevent utility disconnections within hours; other help can take days or weeks.
- **Flexibility.** Prescription costs, car repair, and safe phones are all basic needs in certain situations, and we're one of few agencies who fund them.
- **Collaboration.** We don't duplicate services — we make referrals. Our partnerships with food pantries are why you'll only see us pay for food in special circumstances.
- **Services for adults and seniors,** who are often left out of programs targeted at children.
- **Emphasis on long-term stability.** We want the client to have a plan for future success, and we help them find resources to make that plan.
- **Our seed grants help hardworking families with the up-front costs of starting a home business. We're not an incubator, we're a hand up.**

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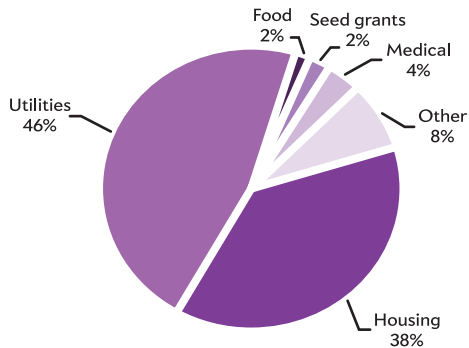
WE SUPPORTED:

493 families and
1,160 household members
with **\$114,102** in direct aid.

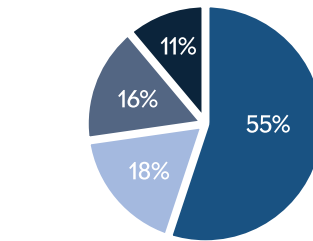
AND PROVIDED:

1,080 consultations,
857 referrals to other agencies, and
resources for **5,073 web users.**

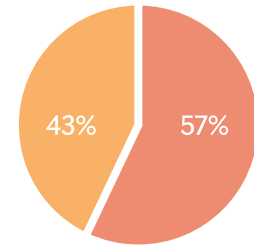
Type of Assistance Offered



By County

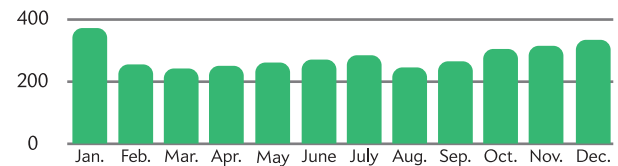


By Age Group



■ Rio Arriba ■ Los Alamos ■ Taos ■ Santa Fe ■ Adults & Seniors ■ Children

Calls per month*



* Including 211 calls, follow-up, caseworker liaising, etc.

Thank you to the donors, Salvation Army bell ringers, and volunteers that supported Self Help in 2019. We couldn't operate without you!

Testimonials:

"Just wanted to say I'm so appreciative and excited, this lady has lived a really hard life and been abused a lot and I just want her to know that there are good people in the world. I was telling her yesterday about what we were trying to do, and she was crying. We really appreciate it."

— A caseworker who recently succeeded in getting a homeless client into public housing. Self Help got the electricity turned on, powering the client's oxygen machine.

"I'm so blown away. Every day I'm budgeting trying to figure out how to make it all work. I'm so grateful for everything you do, not just for me but for everybody else. Our country is in a time of transition and people like you give everyone a basis for hope."

— A disabled client who couldn't afford to repair the car she needed to get to doctor's appointments; Self Help got it fixed.

"You are my hero."

— A retiree whose recent hospital visit left her unable to pay rent; we collaborated with partners to keep her in her home.

"What you have done for us is incredible! I want to thank you so much, and the kids said to thank you too. I was telling them about all the help you were giving us."

— From a grandmother raising three grandchildren, recently a victim of theft; we paid for propane to keep the family warm.

"Tomorrow is my baby's birthday. She is so grateful for the help. She says the progress is making her feel human again."

— A single mom about her teenage daughter. After their mobile home burned to the ground, Self Help provided temporary housing, replaced vital documents and home goods, and worked with other agencies to get a new home donated.

"I'm going through a lot right now, and I just ... well, thank you very much."

— A single mom waiting for worker's compensation to arrive after a workplace injury. Self Help reconnected her water.