



# 2023 Impact Report

**Giving  
neighbors a  
hand since  
1969**

## Our Vision

A Northern New Mexico where basic needs are met and communities thrive.

## Our Mission

To provide support and services as a bridge to self-reliance for people in Northern New Mexico.

## Our Programs

### Emergency Basic Needs Program

Flexible financial assistance and community referrals to help households access or maintain basic needs, from housing to health care.

- Eases the burden for individuals who are struggling to pay rent, a utility bill, or any unexpected expense.
- Prevents utility shut offs and evictions.
- Expands safe and healthy housing options for families.

**"We thank you for helping us get into our new apartment and we are proud to say we even paid our own rent this month."**

*A single mom who received assistance after being evicted with her son.*

### SEED Money Program

- Small grants to help people with little money start or expand a business or go to school to make more money.



## Impact Snapshot

**730** Individual applications processed

**595** Households helped

**404** Households that received basic needs financial aid

**814** Referrals provided

**1,678** Individuals impacted

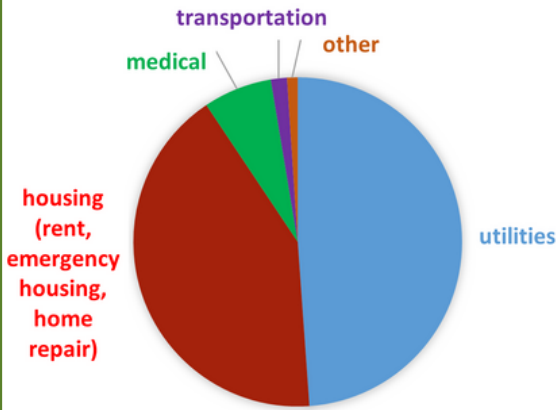
**3,032** Community member interactions

**"The class was wonderful! It was so helpful and really gave me a solid foundation to start my business."**

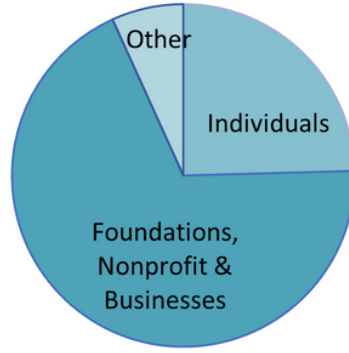
*SEED grant recipient who used grant funds to attend a training*



**\$165,367 BASIC NEEDS FUNDS DISTRIBUTED**



**REVENUE**



**EXPENSES**



*Thank you!*

*Thank you to all our amazing volunteers, compassionate donors, and community allies. We couldn't have done it without your partnership!*

**Our Team**

**Board of Directors**

2023

- Leslie Wallstrom, Chair
- Kris Fronzak, Vice Chair
- Melissa Doran, Treasurer
- Ashley Naughton, Secretary
- Felicia Archuleta-Toya
- Jamie Arguello
- Glenn Magelssen
- Elizabeth Martineau
- Magdalen Miller
- Evelyn Mullen
- Louise Sanchez
- Todd Urbatsch

2024

- Linda Zwick, Chair
- Glenn Magelssen, Vice Chair
- Beverly Lucier, Treasurer
- Todd Urbatsch, Secretary
- Felicia Archuleta-Toya
- Jamie Arguello
- Elizabeth Martineau
- Magdalen Miller
- Louise Sanchez
- Todd Urbatsch

**Honorary Board Members**

- Christine Chandler
- Laura Cruet

**Our Staff**

- Megan Fox, Program Manager
- Priscilla Garcia, Housing Stability Coordinator
- Brenna Lee, Bookkeeper
- Diane Smogor, Executive Director

**Our Partners**

- Bethlehem Evangelical Lutheran Church
- Bryce Avenue Presbyterian Church
- Casa Mesita Thrift Store
- Clothes Helping Kids, Inc.
- Con Alma Foundation
- Emily Bradley Memorial Fund
- Emergency Medicine Intermediate Fund at Taos Community Foundation
- Evangelical Lutheran Church in America
- First United Methodist Church
- Heidi Epp Endowment Fund at Taos Community Foundation
- Immaculate Heart of Mary Catholic Church
- Los Alamos Commerce & Development Corp./LA Pride
- Los Alamos Community Foundation
- Los Alamos National Laboratory
- Los Alamos Unitarian Church
- N3B
- New Mexico Community Trust
- New Mexico Foundation
- Salvation Army Southwest Division
- Smith's Food & Drug
- Los Alamos and White Rock
- Sol Web Solutions
- The Church of the Holy Faith
- The Edward F. Zimmer Community Fund
- The Gerald and Virginia Hornung Family Charitable Fund
- The United Church of Los Alamos
- Triad
- Trinity on the Hill Episcopal Church
- United Way of Northern New Mexico
- White Rock Baptist Church
- White Rock Presbyterian Church
- Zia Credit Union

**Our Volunteers**

- 10 intake volunteers who assist us throughout the year
- 45 volunteers who help us with the annual Salvation Army red kettle campaign



Joy Getha, Volunteer Bell Ringer

**To support Self Help, Inc. or learn more, visit [selfhelpla.org](http://selfhelpla.org)**

