



# 2023

## 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

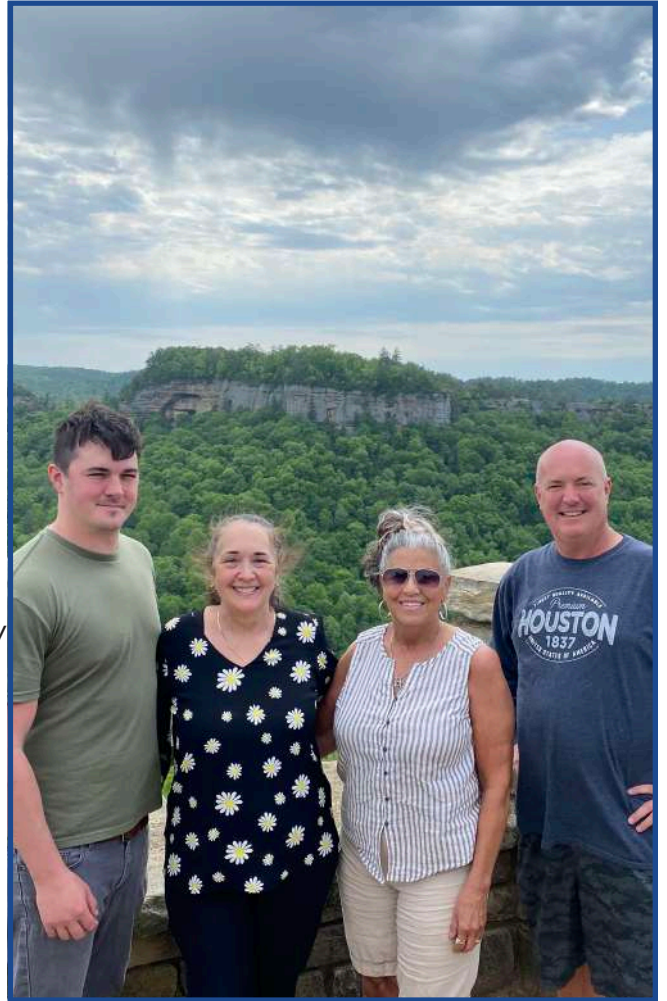
Dear friends,

This report reflects on the profound impact your generosity has had on the communities we serve in the Appalachian region. As you will read, fiscal year 2023 has been a busy and inspiring year for us at Americans Helping Americans®, as it has been for our grassroots nonprofit partners in Georgia, Kentucky, Tennessee, Virginia, West Virginia, and elsewhere.

I recall meeting a young graduate from the nursing program at Estill Vocational School who fell on hard times. Samantha knew she wanted to be a nurse, but when life threw a curveball and her mother got sick, deleting her savings, she couldn't afford the equipment to start her career. When Estill Vocational School became the recipient of an AHA Want2Work grant, she was given the clothes, watch, and shoes required so that she could professionally take care of not only her mother but of other elderly residents in her small town as well.

As a new father to my baby daughter, who was born six weeks early, I have seen firsthand how vital nurses are. The care they provide daily to people they only see for a short time is heroic. I want everyone to be able to follow their dreams, and I want nothing to stand in the way of doing so. Two hundred dollars might not seem like a lot to some in America, but it means the world to impoverished people.

Also, throughout Appalachia, because of your support, our partners have been working to repair homes for the elderly and disabled, operate afterschool programs to provide tutoring and mentoring for students who need just a bit of individualized attention to prevent them from falling behind in their schoolwork and provide for basic needs for thousands of needy families across Appalachia, including school supplies, new shoes, winter coats and even toothpaste and toothbrushes for their children. With a heart full of gratitude, we share our stories and successes made possible through your unwavering support. Our donors, volunteers, and partners' collective effort has made these achievements possible, and we are truly thankful for your part in our mission.



**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**

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

-Cameron Krizek  
Executive Director



# 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: Food Banks, Food Deliveries, Holiday Meals, Community Gardens, Horticulture Education



Our food security programs (\$62,940) benefited a total of 1,261 individuals through our partnerships with the Puckett Community Garden in Beattyville, Kentucky, which is operated by Barbara Puckett and her family members who grow a variety of vegetables which they, in turn, give right back to low-income residents in the community, including sharing with residents of an assisted living facility. In Marion, Virginia, our partner there, Sprouting Hope, operates its "Homegrown" program, which educates families on constructing and maintaining a garden in their own backyards.



Our gardening programs are unique to the towns we support. The Puckett Community Garden is operated by a family with lots of land to spare. Through the donations to community members and residents of the September Place Retirement Village, not only is food security enhanced for the low-income elderly residents, but the fresh produce also improves their nutritional intake.

Without Sprouting Hope and its Homegrown program, budding gardeners would not have the ability or financial resources to start their backyard gardens. Gardening is becoming a lost art to many people, and it's hard to manage the costs if they're inexperienced. However, this program offers substantial food security; as we have seen in the past, many families can give the food they grow to their friends, families, and even neighbors...sometimes it seems that they can't share the food fast enough.

In Kentucky, among the recipients of a voucher for a free turkey at their local grocery store was Carol Taylor, who told us, "This will come in handy so much as the price of food keeps getting higher. This will help make for a wonderful Thanksgiving dinner for my family."

## Highlights

- Puckett Community Garden – 800 individuals received free produce from the garden
- Sprouting Hope – 23 families started vegetable gardens in the backyards
- Cumberland Mountain Outreach – 349 individuals benefited
- Holiday meals served – 17,165 individuals received either vouchers for frozen turkeys to cook at home or took part in holiday community meals
- Food Boxes – 10,000 food boxes, enough to feed a family of four for a week, were distributed
- Summer Feeding Programs – 2,386 meals served for children and the elderly
- Food Bank – 25,392 individuals benefited from sponsored food banks in Florida, Kentucky, and Tennessee

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



Cumberland Mountain Outreach's afterschool program has been vital to the participating children. Though small in number, these at-risk youths were close to being kicked out of school because of their behavior, which could be a result of poor living conditions at home. They get direct attention and participate in numerous activities such as culinary arts, martial arts, dancing, and homework assistance.

David Evanoff mentions, "I've seen them grow from being self-centered to helping each other, taking responsibility for their actions, being more creative and expressing their opinions. The program helps build their coordination and provides males positive encouragement they don't often get in other places."

The cooking class offered at the Pine Crest Camp kitchen teaches the kids how to use math in a real-world setting. They need to measure food and liquids correctly and multiply ingredients for increased serving sizes, and they get to learn life skills. Learning to cook helps with food security, nutrition, and family bonding.

Big Creek People in Action used cash grants to host a three-week summer camp. They had 27 kids come to their summer camp. They did arts and crafts, watched movies, made bucket lists for the summer, made summer squishes (a drink), and took them to the city park a lot to run around and play with their friends. Most importantly, they were fed!



They also purchased three outfits, shoes, pajamas, and swimsuits for their Pigeon Forge, TN trip. They went on a three-day – two-night trip where they did many exciting and new things. The campers watched the Pirate Voyage Dinner Show, visited the Rainforest Zoo where they met exotic animals, and swam in the pool by their cabin with a lazy river, miniature golf, go-karts, and a fireplace to cook smores.

This was a significant event for the children as many kids don't get to leave their mountain community. They got to experience many new things, get a different perspective on the world, see new animals, be responsible for their belongings on the trip, clean up after themselves, and help keep their cabin in order. They looked out for one another, and the older campers (17) took the younger ones (5+) under their wing.

All the kids talked about what a great time they had and had never been anywhere like that. Little Sophia said, "I feel beautiful with the new outfits, and the older girls helped me fix my hair."



## Highlights

- 5,400 school supply kits were distributed; an additional 2,748 students received custom school supplies
- 159 laptops distributed
- 325 students in sponsored afterschool
- 124 summer campers



# 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, proper 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.



A couple of thousand individuals receive assistance with their monthly bills and rent each year. This is important because people in poverty must make difficult choices each month, and many Americans don't have an extra \$400 in their savings in case of an emergency. Our assistance allows people to avoid eviction, prevent sickness, and foster a safe environment for a student's education.

Last year, the Cockerham family lost their house to a spontaneous flood that hit eastern Kentucky. Their house was the only house that even got touched by the waters. It was destroyed. Luckily, our partner in the area, Cumberland Mountain Outreach was able to put the multigenerational family up in an extra trailer that wasn't being used.

Our assistance helped the family remain in the trailer with all their expenses covered while their home was being rebuilt. Throughout this challenging ordeal, the children could attend school and complete their homework in a well-lit environment. The parents had a dedicated space to unwind, provide a nurturing environment for their children, and ensure they rested before heading to work each day. Additionally, the grandparents' oxygen tanks were powered, enabling them to stay close to their families as they navigated life after this disaster.



## Highlights

- 2,766 received utility/rent assistance
- 2,904 youth and adult coats were distributed to school students, the elderly, and the homeless
- 2,450 dental kits given to children
- 2,000 blankets distributed to families and homeless individuals
- 224 individuals received medical treatment at a free clinic in Georgia

# Home Rehabilitation



For decades, Americans Helping Americans has been making sure homes in Appalachia meet their owners' needs. Every year, over one hundred home restoration projects are completed, 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 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. A volunteer working to repair a roof in Lee County, Kentucky said this summer, "It's a hard job, and we have to get creative to solve the problems, but it's worth it just to know the children won't have to worry about rain coming in from the roof."



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.

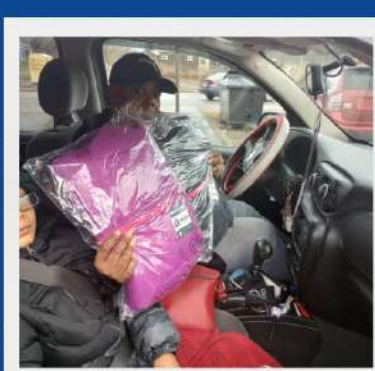
The recipients of the home repair projects are mostly older adults whose days of DIY have passed. They are on fixed incomes and are less likely to afford the materials. Some are also guardians over their grandchildren or caretakers of other children. While repairing roofs, walls, and floors constitutes 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 can potentially enhance the value of their properties. For many low-income residents in Appalachia, their home is their greatest asset.



## Highlights

- 65 homes rehabilitated
- 114 individuals living in a better home



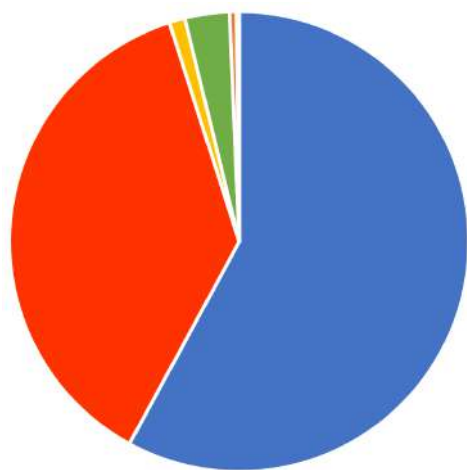


# Financial Statement

The financial results depicted here are derived from the Americans Helping Americans® June 30th, 2023, 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.

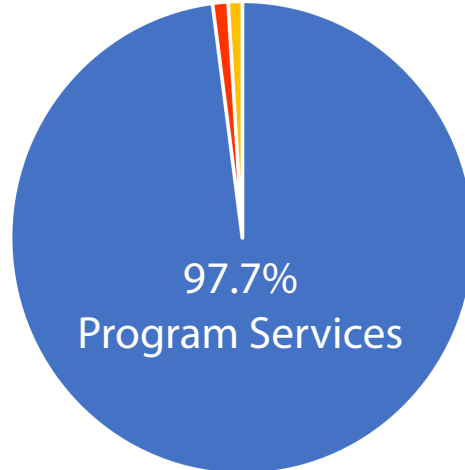
<b>Support and Revenue</b>	<b>Unrestricted</b>	<b>With Donor Restrictions</b>	<b>Total</b>
● Noncash contributions	\$1,482,302	\$ -	\$1,482,302
● Cash Contributions from affiliate	\$950,000	\$ -	\$950,000
● Workplace campaign contributions	\$ -	\$28,479	\$28,479
● Cash contributions	\$45,186	\$35,131	\$80,317
● Other Income	\$12,500	\$ -	\$12,500
● Rental income	\$4,787	\$ -	\$4,787
Investment Loss (Income) Net	(36,147)	\$ -	(36,147)
Satisfaction of time restrictions	\$26,267	(26,267)	\$ -
Satisfaction of purpose restrictions	\$35,131	(35,131)	\$ -
<b>Total Support and Revenue</b>	<b><u>\$2,592,320</u></b>	<b><u>\$3,388</u></b>	<b><u>\$2,588,932</u></b>
<b>Expenses</b>			
Program Services:			
● Domestic programs	\$2,376,824	\$ -	\$2,376,824
<b>Total Program Services</b>	<b><u>\$2,376,824</u></b>	<b><u>\$ -</u></b>	<b><u>\$2,376,824</u></b>
Supporting Services			
● Management and general	\$26,132	\$ -	\$26,132
● Fundraising	\$23,915	\$ -	\$23,915
Total Supporting Services	<u>\$50,047</u>	<u>\$ -</u>	<u>\$50,047</u>
<b>Total Expenses</b>	<b><u>\$2,426,871</u></b>	<b><u>\$ -</u></b>	<b><u>\$2,426,871</u></b>
<b>Change in Net Assets</b>	<b><u>\$165,449</u></b>	<b><u>\$3,388</u></b>	<b><u>\$162,061</u></b>
<b>Net Assets, Beginning of Year</b>	<b><u>\$824,932</u></b>	<b><u>\$24,812</u></b>	<b><u>\$849,744</u></b>
<b>Net Assets, End of Year</b>	<b><u>\$990,381</u></b>	<b><u>\$21,424</u></b>	<b><u>\$1,011,805</u></b>

Support and Revenue



FY 2023 Total Income  
**\$2,588,932**

Expenses



FY 2021 Total Expenses  
**\$2,426,871**



## Board of Directors

Bryan Krizek, President  
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)  
Ashley Morris  
Loretta Afraid of Bear Cook

## Corporate Officers (Non-Voting)

Hon. Paul Krizek, Vice President/General Counsel  
Nhi Ho Cao, Secretary  
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.



**8301 Richmond Highway  
Alexandria, VA 22309  
703-317-9440  
[www.HelpingAmericans.org](http://www.HelpingAmericans.org)**