





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. The basic needs we help to meet include food, shoes and boots, winter coats, medical assistance, school supplies, household assistance and home repairs for families, people with disabilities and elderly individuals 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 mentoring and providing school supplies.



A grateful homeowner for her home rehab project in Bradley County, TN-2016

- 
Summer Camps
- 
Home Rehabilitation
- 
Veterans
- 
Basic Support
- 
Afterschool
- 
Vocational Training
- 
Bare Feet
- 
Summer Food

Front cover image: Summer food program in Rogersville, TN-2015



MESSAGE FROM THE PRESIDENT EMERITUS

Greetings supporters of Americans Helping Americans®

Twenty six years ago, I started Americans Helping Americans® to connect compassionate and generous individuals with the ability to help our country's less fortunate living in the poorest regions in the nation. For millions, the hills and hollows of West Virginia, eastern Kentucky, east Tennessee and northeast Georgia, are home. Just as the big oak trees of the mountains have deep roots, so do the people of Appalachia. Yet their very roots to this beautiful area can often create hardships.

With that in mind, we have made it our mission to help enhance the quality of life for residents there in need, from the youngest of preschool children to the disabled and elderly who want nothing more than to be able to continue to live in the home they love until the day they die.

And thanks to our loyal supporters who have been so generous throughout the years, we have helped thousands to do just that. Working with our grassroots partners in these hard-hit communities we have formed a team composed of these small nonprofits who organize groups of volunteers to come in for a week and repair leaking roofs, rotting porches and steps, and build handicap ramps so elderly and disabled residents, many of them, our nation's veterans, are able to exit and enter their homes unassisted. It is because of people like you that we are able to provide the funding to purchase the necessary materials, shingles, lumber, drywall, etc.

In this 2016 Annual Report, you will see the staggering numbers of people we have been able to help, to make their lives better, and ease their suffering and minds – thank you for making it all possible.

We especially want to thank all the Workplace Campaign donors who support Americans Helping Americans® every single pay period with their sustaining gifts through the Combined Federal Campaign and State Campaigns. We honor their service to our country, and we thank them for their generous support to thousands of their fellow Americans.

Working with our community/grassroots partners is key to our mission. It always has been and will always be. We do not presume to know what the most critical

needs are in a given community. But our partners such as Big Creek People in Action in McDowell County, West Virginia, Of One Accord in Rogersville, Tennessee, Caring Hands Ministries in Cleveland, Georgia, and many others, do.

By providing these partners with grant funding, they are able to operate programs such as afterschool tutoring, educational summer camps, home rehabilitation, summer feeding programs including one in Tennessee that delivers meals to children in rural areas on a school bus converted into a mobile cafeteria, prevent families down on their luck from having to choose between paying their utility bill so their heat isn't cut off on the coldest days of winter and putting food on the table, and more.

In addition, we serve thousands of children by providing them with backpacks filled with school supplies just before the start of a new school year, much to the relief of their parents who no longer have to worry where they were going to find the money to outfit their children with the "tools for school" they need. In the fall, we provide thousands of children and adults with heavy winter clothing and blankets to keep them warm in the winter, whether they are standing outside at a bus stop or sleeping in their own bed. Throughout the year, we provide food boxes to veterans and the elderly struggling to get by month-to-month on meager fixed incomes. And during the holiday season, we ensure that thousands of families enjoy what millions of Americans take for granted on Thanksgiving and Christmas, a big turkey dinner with all the trimmings.

Not a day goes by when I don't think of the children and their families, that are blessed to have your support. I remain most grateful for your kindness and generosity. Together, we can continue to provide the much needed support to help those neighbors of ours that need it the very most.

God Bless America!

Eugene L. Krizek
Col. USAF (Ret.)
Founder and President Emeritus



WHAT WE DO

The Challenge

Appalachia is home to some of America's most beautiful landscapes, our nation's most tightly-knit communities where families have lived for generations, and some of the deepest roots of American culture.

Unfortunately, Appalachia remains a region plagued with longstanding poverty, high unemployment and lack of opportunity, dilapidated housing and thousands of children, women and men struggling to survive, living below the poverty level and lacking access to nutritious food, adequate shelter and clothing, and medical care.

Three of the counties our grassroots partners work in Lee County, Kentucky, Hancock County, Tennessee, and McDowell County, West Virginia are some of the poorest in the country and considered "distressed" by the Appalachian Regional Commission (ARC) where more than 30 percent are living in poverty. Distressed counties are considered by the ARC to be in the top 10 percent of the nation's most economically depressed counties. Two others where partners of Americans Helping Americans® are located in Laurel County, Kentucky and Hawkins County, Tennessee, are considered to be "at-risk", ranking between 10 percent and

25 percent of the nation's counties that are at-risk of becoming distressed.

This means that elderly and disabled homeowners, many of them are our country's veterans living on meager fixed incomes, have no means to repair leaking roofs, rotting floors, porches and steps, or to construct a handicap ramp allowing them to enter and exit their homes on their own.

Low-income children are among the hardest hit. While they are guaranteed a free breakfast and lunch on weekdays during the school year, during the summer months it is no "vacation" for them as they wonder when they will get their next meal. And isolation and boredom is the daily life for tens of thousands of small town rural children living miles from their nearest neighbor.

Many children do not have positive role models in their lives. Their parents, many lacking high school diplomas or GEDs, do not encourage their children to succeed in school and tragically end up dropping out just as their parents did – despite their own ability.

Unemployment rates are high and even those with a job cannot support a family on a minimum wage salary, even working full time.



A home scheduled for a renovation in Rogersville, TN-2016





THE HOPE AND THE FUTURE

Since 1990, Americans Helping Americans® has worked in a cooperative, locally-focused way with partner organizations in Appalachia, who know the needs of their communities and work hard to address them, but lack the means.

Our shared goal is to shape a new way of life for many residents of Appalachia – one in which families are able to meet their basic needs, where children succeed in school, and more citizens have the opportunity and support necessary to break the generational cycle of poverty.

Americans Helping Americans® is proud to be part of a team doing just that in tandem with those local organizations by providing them with the financial resources to operate their programs as well as providing them with in-kind items such as winter coats, school supplies, nonperishable food boxes, and more, to fill in the gaps.

Such Collaborations include:

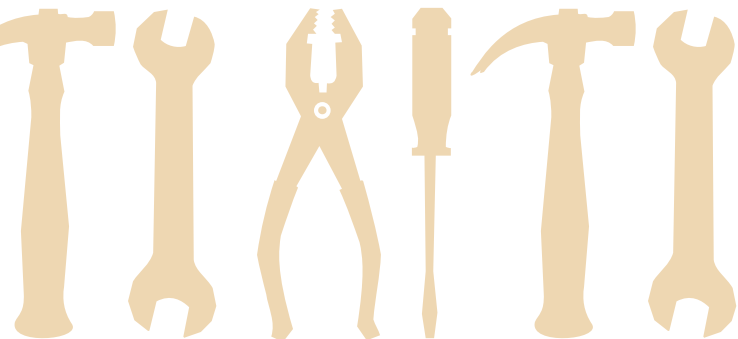
- Provide home rehabilitation for dilapidated, unsafe housing and handicap ramps for the elderly and disabled who want to be able to continue to live in the home they love.
- Support for educational programs for elementary school children afterschool where they participate in fun, educational activities and receive one-on-one tutoring to ensure they don't fall behind their classmates in school.
- Support summer camp programs that provide nutritional meals, educational games and fun activities, as well as providing a safe haven for children during the school break.

- Provide meals for school-age children through a summer food service program when school is not in session and free and reduced price meals programs are not available.
- Provide funding for emergency financial assistance for utility bills during times of hardship.
- Provide funding for medical assistance, such as purchasing eyeglasses and dentures for individuals in need.
- Support vocational training programs for young adults who need remedial help to earn their GED and ultimately receive training in order for them to learn a trade and start a career.

These programs, as well as those of our grassroots partners across Appalachia, are succeeding in many communities because of the faith, generosity and commitment of our supporters. The good news is that together – Americans Helping Americans®, our grassroots partners and our compassionate and generous supporters – are making a difference in the lives of thousands of our fellow Americans who without our partnership, would have nowhere else to turn.

Though the future for Appalachia continues to show promise and progress, our work is far from done. Our community partners receive thousands of requests for assistance annually for the most basic needs of food, clothing and shelter that continue to go unanswered due to a lack of sufficient resources.

Families are working harder than ever but face increasing challenges as higher paying jobs, such as in the coal mining industry, disappear and opportunities for even low-wage jobs dwindle. In this often forgotten stretch of the country, Americans Helping Americans® is dedicated to assisting these hardworking, underprivileged people and helping those in the Appalachian region overcome the generational cycle of poverty – one family, one child, and one senior citizen at a time.





PROGRAM GOALS



Home Rehabilitation

Provides families and homeowners with safe and stable housing including, repairing roofs, floors, rotting porches and stairs, as well as constructing handicap ramps for the elderly and disabled so they may remain in their homes.



Education

Offers children academic assistance, such as one-on-one after-school tutoring when school is in session, as well as a backpack full of school supplies at the start of the school year, giving children the support they need to be successful in school.



Summer Camps

Provides nutritional meals, educational and fun activities, and safe havens for children during the school break. Children attend free summer camps held by our partners and supported by us.



Summer Food

Provides boxes of non-perishable food items, containing enough food to feed a family of four for a week to families in Gainesville and Cleveland, Georgia. As well as a Lunch Box Bus program which uses old school buses converted into mobile cafeterias delivering lunch each summer weekday in the remote areas of Hawkins County, Tennessee to hundreds of children who would be going hungry without the service.



Veterans

Meets veterans' essential needs for food, clothing and housing to honor their sacrifice and commitment to our country, through the cooperation of various organizations in London, Kentucky; Cleveland and Gainesville, Georgia; and War, West Virginia.



BareFeet

Funds the Barefeet program with local organizations in Appalachia to provide new shoes for children. The children are taken to a neighborhood shoe store and spend time choosing their favorite pair of new shoes which express their own unique personality.



Vocational Training

Supports vocational programs for young adults who may need remedial help in earning a GED and other training opportunities for them to earn a skilled trade and enter the workforce.



Basic Relief

Provides hygiene kits, emergency utility payment assistance, winter coats, new shoes, new blankets, diapers, and more in times of crisis and severe need.



Wellness

Provides funding for eyeglasses and dentures for children, elderly and low-income individuals.



Summer enrichment program in Lee County, KY-2016



HOME REHABILITATION PROGRAM



The vast majority of Americans cannot imagine living in a house with a leaking roof, rotted floors, nonfunctioning bathroom, or even without running water, but for many in Appalachia it's just a way of life.

Many families, living in homes with drafty windows and leaking roofs, spend cold winter nights huddled together in one bed, simply for the warmth they can provide each other. Many senior citizens and the disabled cannot enter or exit their homes without assistance, and can't afford to have a handicap ramp built so they are forced to become shut-ins.

Home Rehabilitation Highlights

- 43 home rehabilitation projects were completed in West Virginia.
- 21 home rehabilitation projects were completed in Tennessee.
- 13 home rehabilitation projects were completed in Kentucky.
- 4 home rehabilitation projects were completed in Georgia.

"A very special thank you goes out to all the Americans Helping Americans® donors for the resources and financial contributions you give to this outstanding organization. You have had a profound impact in our area of the Appalachia and Southeast Tennessee. Many families that have been suffering from mitigating health issues and safety problems related to poor living conditions are now living in healthier conditions, sleeping soundly at night and have experienced a sense of hope – Thank You AHA Donors!"

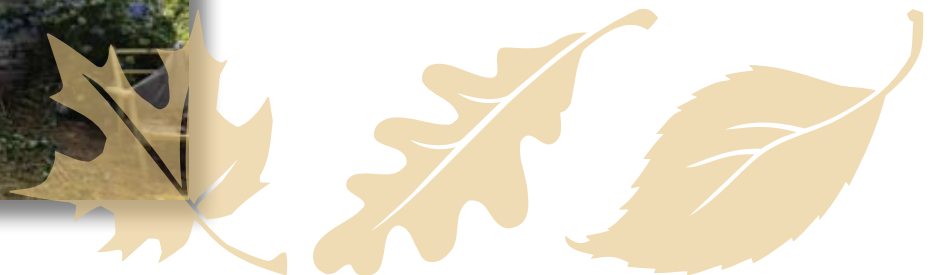
Randy Bonner, Ocoee Outreach home repair program director, Cleveland, TN



A home after rehab completed in Cleveland, TN-2016



A home before rehab in Cleveland, TN-2016





“Bad Spot” Leads to New Bathroom for Disabled West Virginia Veteran

Mark is a disabled veteran and “one of the nicest people you will ever meet,” says American Helping Americans® partner Big Creek People In Action (BCPIA) Co-Executive Director Marsha Timpson.

Mark’s household consists of his wife and the four grandchildren they are raising. After his service to our country in the military, Mark returned home to McDowell County, West Virginia and found a job as a sanitation worker.

He worked for the city of War driving a garbage truck for years – until he developed a blood clot in his leg, causing him to be out of work for some time and in and out of the hospital. After several months, he attempted to return to work but was in so much pain by lunchtime he had to go home.

When he finally felt well enough to return to work, he found he had been replaced and his employer would not let him come back.

“Mike has been out of work for well over a year and the family is struggling financially,” Marsha reported earlier this year. “Love they have in abundance – money – not so much!”

Mike turned to BCPIA, filling out an application asking for his bathroom floor to be “patched” and one of the grandchildren’s bedrooms to be painted.

After assessing the house and agreeing to do the work thinking it would be a simple job to patch the floor, they soon found out that as they were working to take out the “bad spot” that the “bad spot” was the entire floor.

The work supervisor went under the floor and saw that they had tried to fix the weak floor by nailing a scrap piece of plywood on the underside of the joists – which gave absolutely no support for the flooring.

In the end, they removed everything from the bathroom and installed new floor joists across the entire bathroom floor, laid new subflooring and top floor as well as linoleum.

But they didn’t stop there.

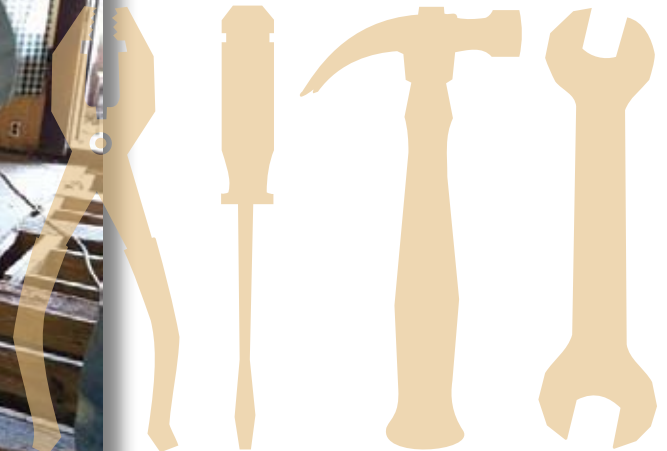
They put the shower back in, ensured that it was sealed good, and installed new plumbing, as well as a new commode and bathroom sink.

“And, of course, we painted the bedroom for the grandchildren,” she added.

“I think this was a small gesture we can do for this family to improve their lives and thank Mark for serving his country,” Marsha told us.



Volunteers working on the home renovation project in War, WV-2016





YOUTH EDUCATIONAL SUPPORT PROGRAMS



For many Appalachian parents who many not even have a high school diploma or GED themselves, being able to support their educational efforts of their children is a challenge – that is, if they even have the desire to do so.

During the school year, Americans Helping Americans® supports afterschool programs in which children, many of whom would end up simply going home to an empty house, instead are participating in fun, learning activities, and receiving one-on-one tutoring to ensure they don't fall behind their classmates

“AHA donors need to know they are serving some of the neediest children in the United States. Our children are smart, dedicated young people who too often lose hope and focus. We must maintain and encourage the desire to do better and make our community better for the next generation.”

Cynthia Evanoff, Cumberland Mountain Outreach Executive Director, Beattyville, KY

Youth Educational Support Programs Highlights

- 486 young adults received one-on-one remedial tutoring support through a vocational training program sponsored by the McDowell County Career & Technology Center in West Virginia, with support from Americans Helping Americans®.
- 167 youth benefited from an afterschool program in Georgia.
- 48 youth benefited from an afterschool program in Tennessee.
- 34 elementary school-age children attended an afterschool program in West Virginia.
- 2,350 elementary and Junior High school students received backpacks filled with school supplies throughout Appalachia.



School supplies distribution in Rogersville, TN-2016



Leslie's Story: "Now I have a life"

L.A.M.P. Ministries takes in youth who are troubled, or in trouble, and works with them to change their life around.

"Many of our youth participants are referred by the department of juvenile justice," says L.A.M.P. Executive Director Mary Mauricio, who has literally spent her lifetime helping children and teens.

Its youth program reaches troubled and high risk teens and preteens – many of whom are homeless.

"The Georgia Department of Juvenile Justice has found this program so successful in helping young people redirect their lives that they have offered many young offenders the choice of coming to L.A.M.P. instead of being incarcerated in the Regional Youth Detention Center," Mary told us.

Through the program, youth are taught life skills through group activities such as sports, music, crafts, community events, group sessions which focus on the consequences of and the alternatives to high risk and criminal behavior, as well as individual and family counseling.

Many of the program graduates return to L.A.M.P. as volunteers, providing an example to current participants, and more than 85 percent of participants complete school and/or job training – growing up to be productive members of the community.

Such is the case of Leslie.

Leslie joined the L.A.M.P. program because she was failing in school.

"Nobody cared, so why should I?" she questioned.

But at L.A.M.P. she did find people who cared – plenty of them.

With that realization her life was changed forever.

"I have a mentor who helps me and expects me to do good," she says. "She explains stuff – school stuff, but life stuff too."

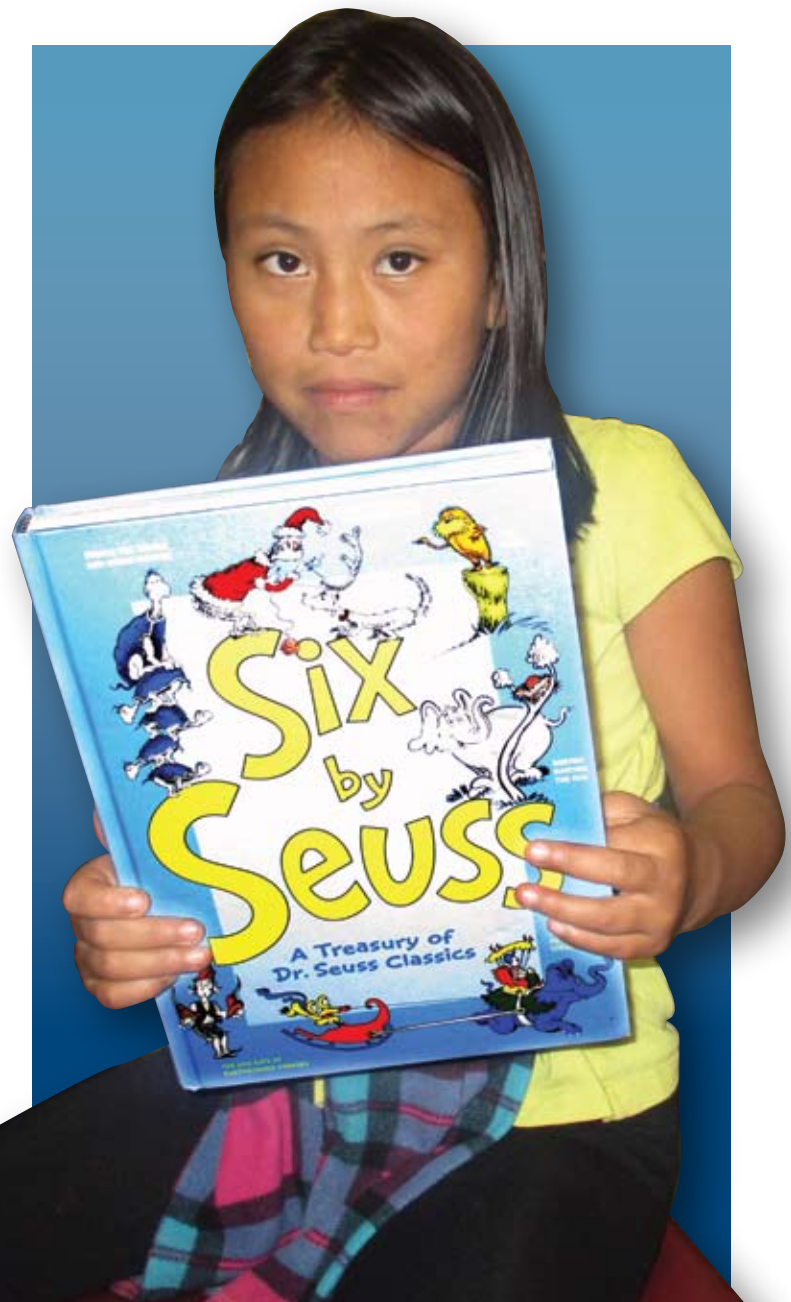
"I never knew I was worth anything before," she adds.

Mary notes that without strong positive intervention, a girl like Leslie has more than a 70 percent chance of dropping out of school and being a homeless unwed mother who spends time in jail or prison.

"Your help is changing Leslie's life, and through her friends and siblings," Mary wanted the supporters of Americans Helping Americans® to know. "Thank you."

And Leslie can certainly attest to that.

"Now I have a life."



Leslie proudly showing her work in Gainesville, GA-2016



SUMMER PROGRAM

During the summer when school is out, for many of the children of Appalachia, it is no “vacation.” They live in isolation and boredom as their nearest neighbor or small town is miles away. To remedy that, we support summer camp programs where children learn while having fun and keeping them active, healthy and safe.

Also, during the school year, millions of low-income children across the country receive free or reduced-price breakfasts and lunches each week-day, guaranteeing that they will get at least two healthy, filling meals.

But what about when school is closed for the summer?

Children living in urban or suburban areas have the opportunity to walk to their school or nearby community center for a free lunch through the federal government’s summer food service program.

However, children living in rural, remote regions of Appalachia can’t walk 10 miles on two-lane highways for lunch, even if it was being served. And it doesn’t make financial sense for their parents to drive them to a feeding site – they would spend more in gas than the price of the meal.

To address this problem, three of our partners, Of One Accord in Tennessee, L.A.M.P. and Caring Hands Ministries in Georgia have made it their mission to see to it that hundreds of children in their communities don’t go hungry all summer long – albeit in different ways.



Summer Program Highlights

- 14,459 meals were served through the Lunch Box bus program by Americans Helping Americans® partner, Of One Accord, in which former school buses are converted into mobile cafeterias delivering lunches to low-income rural areas of Tennessee.
- 260 children benefited from a summer food program in Cleveland and Gainesville, Georgia.
- 168 youth benefited from a summer enrichment camps in East Kentucky.
- 85 children attended summer literacy enrichment camp programs in West Virginia.
- 47 youth benefited from a summer enrichment camp in Cleveland, Georgia.
- 35 youth benefited from a summer enrichment camp in Jefferson City, Tennessee.

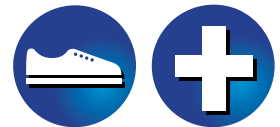


Summer food box Cleveland, GA-2016





BASIC NEEDS SUPPORT PROGRAM



They're called "basic needs" because that's exactly what they are – the most basic necessities of life. But for too many in Appalachia, they're unaffordable "luxuries."

No child, or adult for that matter, should be forced to be outside on a frigid winter's day without a heavy coat. But we have heard from our community partners that it's not uncommon for children to show up at school on a sub-freezing day wearing nothing more than a T-shirt and a threadbare sweater or sweatshirt after waiting several minutes outside for their bus to arrive.

Come the holiday season, every family should be able to put "a turkey on the table," but again for families struggling to get by on minimum wage jobs, or senior citizens living on meager fixed wages, the cost of a turkey is just another unaffordable luxury.

But with the Thanksgiving and Christmas holidays being the most charitable time of the year, we can't see letting it pass without ensuring that thousands of families are able to enjoy a turkey dinner, with all the trimmings of course, along with the rest of our fellow Americans.

A holiday dinner is more than just a meal, it's a time for family and friends to get together and, despite whatever challenges and hardships they are facing, provides an opportunity for them all to share in the joy of the season.

In addition, the basic needs support include in-kind donations of items including, winter coats and accessories, blankets, shoes, hygiene kits, diapers and holiday food distributions.

Also, the Barefeet Program which provides cash grants to organizations who take the children to a local shoe store and allow them to pick out their very own pair. We have witnessed such heartwarming events and noticed that while some young kids know exactly which pair they want from first glance, for others it is quite a dilemma-the purple or the pink pair? But regardless they all leave with smiles on their faces and new shoes on their feet.

"Thank you so much for the children's coats. I pulled last year coats out of the closet and 3 of the 4 coats were too small. It is hard to buy coats for growing children when you are on a fixed income." Linda, mom of 4 children, Jefferson City, Tennessee.

"This is the best day of my life! I only get hand-me-downs. Now I have store bought shoes." A 15 year old boy benefited from Barefeet Program in Beattyville, KY.



A young girl trying her new shoes at the local store in Beattyville, KY-2016





Basic Needs Support Program Highlights

- 7,190 individuals benefited from in-kind donations of items in Georgia.
- 3,581 individuals benefited from in-kind donations of items in Kentucky.
- 3,204 individuals benefited from in-kind donations of items in Tennessee.
- 1,738 individuals benefited from in-kind donations of items in West Virginia.
- 412 veterans received monthly non-perishable food boxes in West Virginia.
- 1,310 individuals in Georgia benefited from the utility assistance program in Georgia.
- 18 veterans in Georgia were supported with monthly food boxes and in-kind support in Georgia.
- 451 individuals benefited from food bank support in Georgia.
- 2,240 individuals benefited from food bank support including the Neighborly Meals program delivering meals to elderly, homebound and disabled individuals in Tennessee.
- 61 individuals benefited from a utility assistance program in Kentucky.
- 100 individuals benefited from the eyeglasses and dentures programs in Kentucky.



Food pantry supported by Americans Helping Americans® in Hancock County, TN-2016



FINANCIALS

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- Paul Krizek, Esq., *Vice President/General Counsel (non-voting)*
- Nhi Ho Cao, *Secretary (non-voting)*

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- Bethelhem H. Tessema, *Interim Executive Director*
- Bieu Do, *Chief Financial Officer*
- Dave Frank, *Fulfilment Manager*

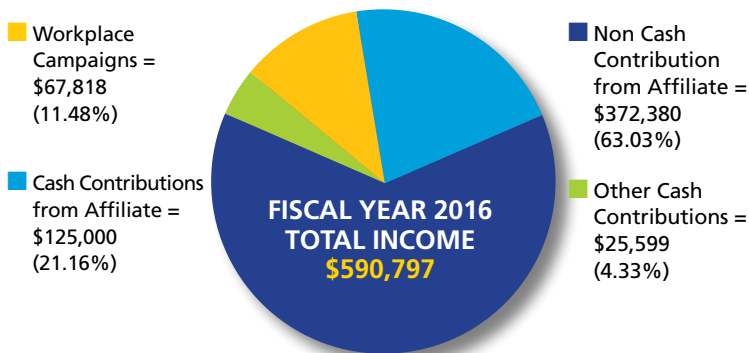
Financial Statement

Statements of Activity-year ended June 30, 2016. The financial results depicted here are derived from the Americans Helping Americans® June 30, 2016 audited financial statements, which contain an unmodified audit opinion. Our complete audited financial statements can be obtained at www.helpingamericans.org by calling 1-888-371-5026 and requesting a copy.

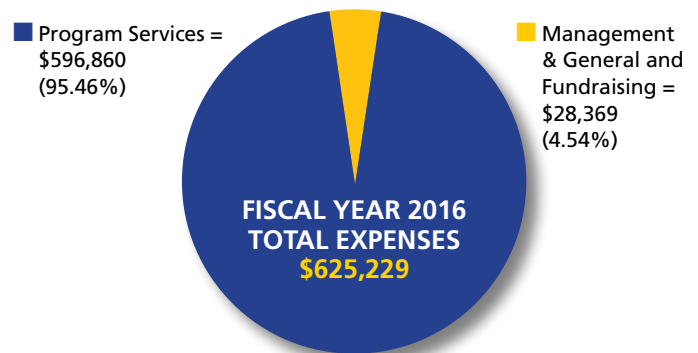
We couldn't do it without you!

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 and corporate campaigns across the country.




SUPPORT & REVENUE



EXPENSES



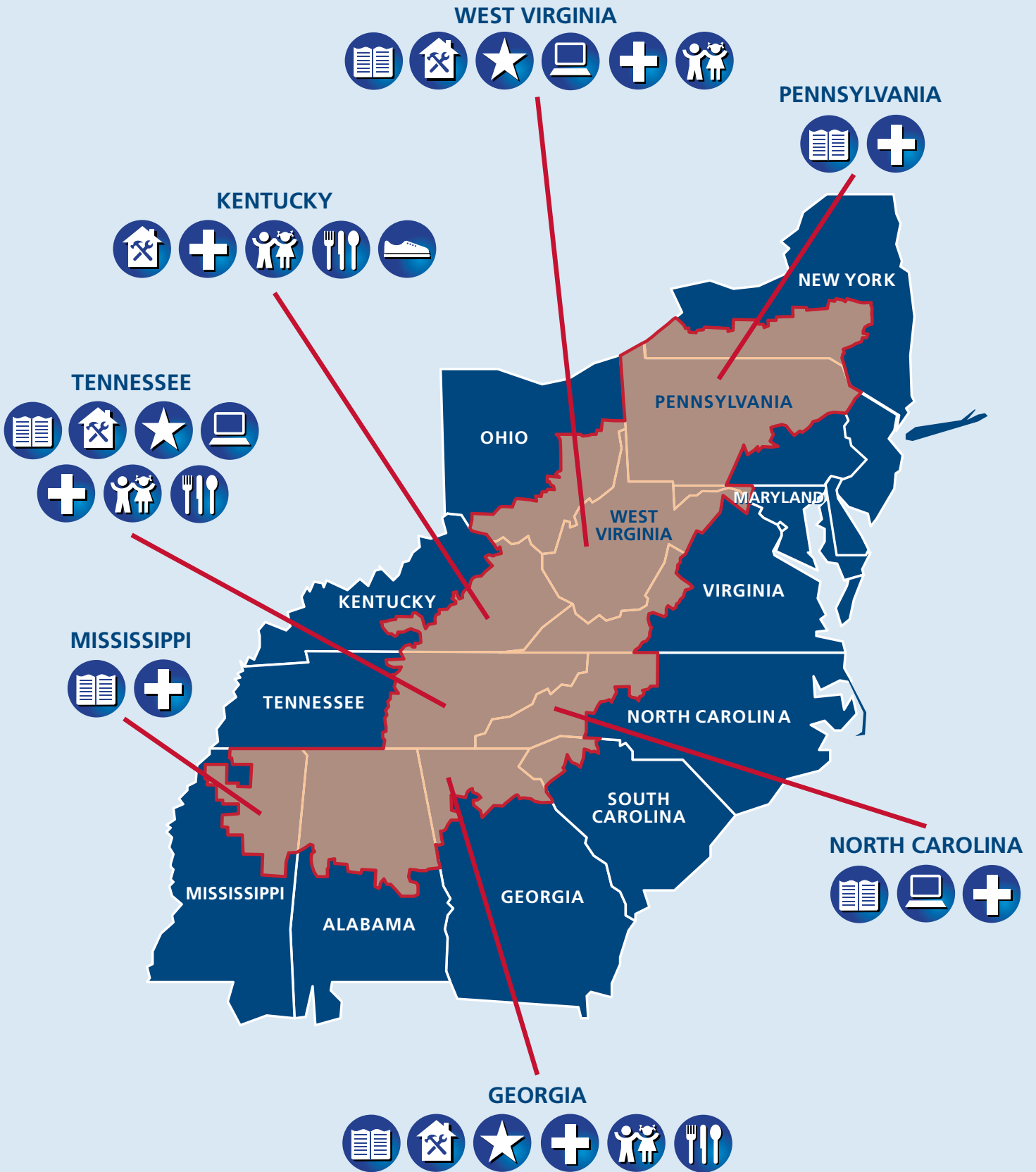
95.46% of Total Expenses Go Towards Program Service!

-  <http://www.facebook.com/AmericansHelpingAmericans>
-  <http://www.twitter.com/HelpAmericans>
-  <http://www.youtube.com/helpingamericans1>





WHERE WE WORK





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L.A.M.P. -After School Program in Gainesville, GA -2016