



2022

ANNUAL REPORT

Our Mission

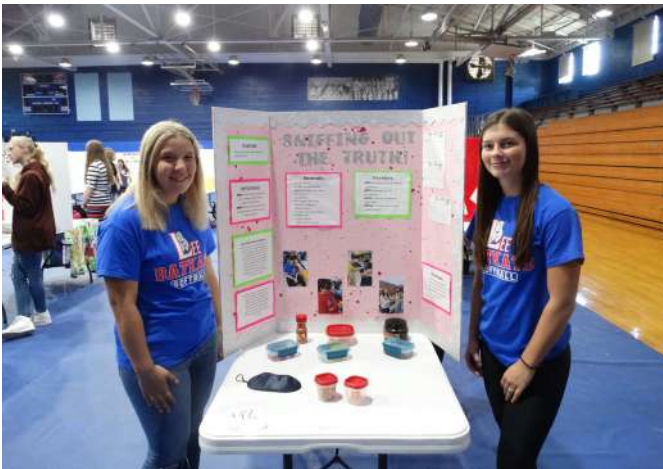
Our Mission is to join communities, build and strengthen neighbor relations, and work side-by-side with residents to address community-wide concerns and to link resources supportive of a healthy, safe, and economically comparable standard of living.

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.



A Message From The Executive Director

Dear friends,

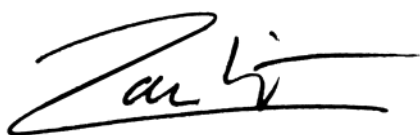
The Appalachian Mountains are over 480 million years old and depending on how technical you want to get, could be over a billion years old. At its birth, all the continents were together in the supercontinent Pangaea. Parts of the Appalachian Mountains are located in Scotland and Ireland since the continents drifted apart. To put into reference how old these mountains are, the first organism that evolved bones with living cells is estimated to have lived about 400 million years ago. So, when John Denver sings Country Roads, "Life is old here, older than the trees," its older than bones as well!

Appalachia is a gorgeous region of America that you rarely hear about. When talking about natural American beauty, Yosemite, Red Wood Forest, and the Grand Canyon are usually in the conversations. However, the Appalachia is one of the most biologically diverse temperate forests in the world with over 2,000 species of plants and trees and over 500 species of animals, excluding bugs, Bigfoot families and the Wampus Cats.

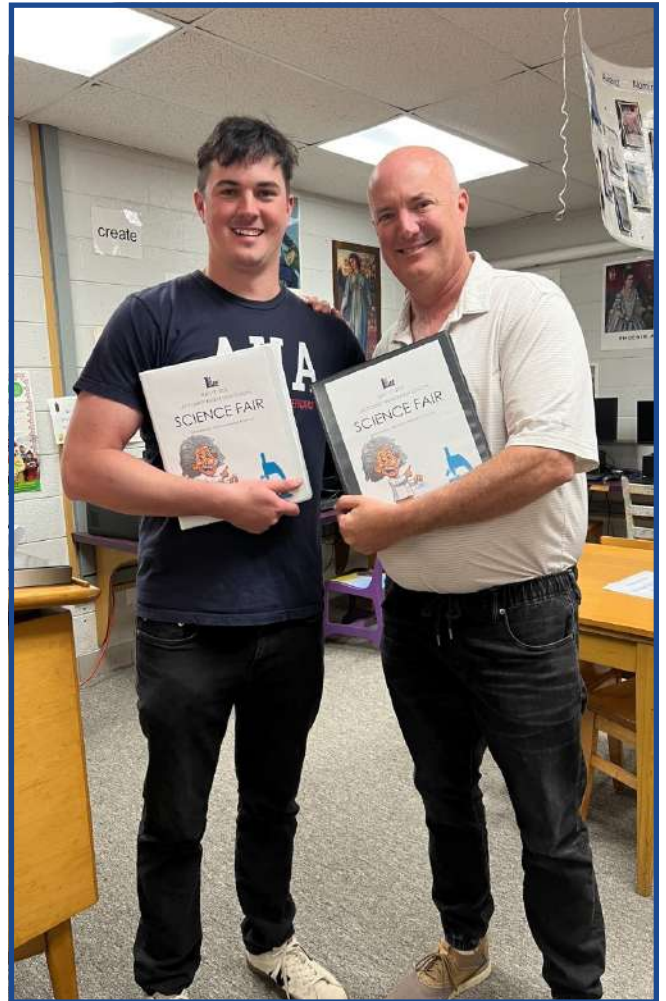
Also, it's got world class outdoor recreational activities. The Red River Gorge in Kentucky has some of the best rock-climbing spots on the planet with vertical cliffs, arches, chimneys, and spectacular vistas. Kayak down the renowned class V Gauley River in West Virginia or a more tamed Chattahoochee River in Georgia. You're able to mountain bike, fish, boat, hunt, camp, cave, and just about every outdoor activity within the amazing and ancient mountains.

What I'm saying is that Appalachia has so much to offer. And the world is finally realizing that it can become more of a paradise to the travelling adventurer. It's taken a lot of time to recover from decades of abuse that destroyed the people's spirits and the environment as well as failed political promises but the sleeping giant is waking up.

I thank you for your support this past year! Its because of you that we have been able to help the children of this area see their potential. We've keep the elderly warm and fed, provided community to the distraught, and gave those without hope new confidence in themselves. I hope you continue through this report and realize all these amazing stories are because of the gifts you give to Americans Helping Americans®!



-Cameron Krizek



Cameron Krizek (left) and Christian Relief Services Charities CEO Bryan Krizek (right) act as Science Fair judges at the AHA funded Lee County Science Fair.

Our Methods

We partner with individuals and local grassroots organizations to provide funding for innovative and sustainable programs meant 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 basic 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; provides 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 own food with innovative techniques.



Education Support

Appalachian students don't receive the same resources as students in other places of America. Our grants sponsor after school sessions and tutors to help a struggling student 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 ensure hundreds of children get 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 for investments to be made into communities and program partners, help growing nonprofit organizations in all states, as well as respond to natural disasters.

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



Our budding gardens set up in several communities within Appalachia have been providing food and gardening education to hundreds of people these past four years.

In Marion Virginia, the Homegrown project hosted by our partner Sprouting Hope taught 20 families how to grow their own food in their own backyard! Every year more families are hearing about the success the home growers have with their garden and news is spreading fast. Education Coordinator Sarah Jo said, "When we received 32 applications compared to the seven in 2021, I was completely overwhelmed. Luckily, Americans Helping Americans believes in us and agreed to fund our program and allow us to grow."



2022 Homegrower Lael Dunn reveals, "There was so much that I didn't know that I didn't know. Now that I know so much more, I feel so much more confident trying new things and troubleshooting problems."

New this past year, we started our hydroponic gardening class to teens in Eastern Kentucky. Chris Williamson, of Lee County KY, applied for a pilot grant to host classes to boy scout troops and Future Farmers of America after school classes to help them build and understand their very own hydroponic system. His kits included everything they needed such as materials to build the system, fertilizer, nutrients, water meters, pumps, containers, seeds, and the custom instruction material. He's so deeply passionate about ensuring the children get the best experience and become successful that he will continue to monitor the progress and help them with any questions they have!

The program was not only rewarding to children, but also to the parents, some of whom have seen their groceries subsidized by the children's produce yield. The adults were also just as curious and excited to learn about this innovative way to grow edible plants. "Through your organization's generosity, children now have the skills and knowledge to supplement their families with organic, nutrient dense vegetables that they grew themselves! Thank you for the opportunity to be a part of something so rewarding!" – Chris Williamson.

We are happy to announce both Sprouting Hope and Chris Williamson have been awarded another grant to continue their innovative produce education classes!

Highlights

- Puckett Community Garden – 948 Individuals received produce from the Puckett farm.
- Sprouting Hope – 20 Families started their backyard produce garden.
- Hydroponic Classes – 40 children built their own hydroponic systems.
- Holiday meals served – 8,430.
- Food Boxes – 9,775 delivered.
- Summer Feeding Programs – 3,158 meals for children and the elderly.
- Food Bank – 18,879 individuals visited sponsored food banks.

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 education 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 where they not only continue to exercise their brain but get the nourishment they severely need from additional meals.

These direct education programs encourage a child to continue their education by giving them confidence in themselves. When a student that has problems in and out of school sees the amazing grade they worked hard for they will unlock potential they never knew existed. They have the powers in them to change their communities!

Additionally, for the 1st time ever Americans Helping Americans® sponsored a science fair in Kentucky for over 400 students! The Lee County Middle/High School students in Beattyville, KY conducted wonderful experiments testing their knowledge of the natural world. Students explained why argon gas is used for welding, how to make a home-made fire extinguisher, and even tested the water quality of their tap water vs neighboring towns just to name a few of the amazing experiments. We're so delighted to announce the science fair has been granted again in 2023!



Highlights

- 3,480 school supply kits distributed.
- Two schools fully given their school supply lists for 1,000 students.
- 100 laptops distributed.
- 147 students in sponsored after school.

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 that 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 head, elderly have electricity to power medical devices, and children can do homework under a lamp and not a candle.



In White County, GA., there are 4,130 residents for every primary care physician. 16% of residents lack health insurance. Americans Helping Americans sponsored clinic, Community Helping Hands Clinic, uses funds to purchase medicine and office supplies to help the volunteer doctor staff travel to the area and provide consultations free of charge for residents of White County. One recent patient came in seeking aid from numerous problems, one of which was gout. His gout has been getting worse since his previous visit with the clinic. The doctor ordered that he get a newer medication but the man had no money to purchase it. Thankfully, because of the supporters of Americans Helping Americans, the clinic was able to get the new medication at no expense to patient. Whether its gout, or diabetes, or any ailments, we believe in looking after each other and no one should be denied care because of their finances.



Highlights

- 2,912 individuals received utility/rent assistance.
- 50 chronic homeless individuals assisted in getting their government ID.
- 23,078 diapers distributed to mothers in Appalachia.
- 1,853 youth coats provided to young students.
- 950 adult coats given to the elderly and to homeless.
- 3,000 dental kits given to children.
- 1,020 blankets distributed to families and homeless individuals.
- 12 car seats given to young mothers.

Home Rehabilitation



For decades, Americans Helping Americans has been making sure homes in Appalachia are meeting the needs of their owners. 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. In McDowell County, WV., half of the homes were built before 1940 and half of them are rated below normal quality levels. Occupants living in a home with walls deteriorated, doors barely hanging to hinges, and poorly insulated, 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 as well. 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."



David Barden, 59, lived on his own for many years. He is an Air Force Veteran and worked for Duracell for years until issues with his legs prevented him from continuing his work. His bones would rub together leaving him confined to a wheelchair. To make matters worse, his sister, who has health issues of her own, lived with him in his house even though his home wasn't a safe environment for either. The home had rotten wood siding, rotten window framing, and holes in the roof that leaked and allowed rodents inside his home exacerbating David's and his sister's health issues.

Using AHA funds, Ocoee Outreach volunteers built a new porch, wheelchair ramp, repaired the siding, addressed the holes in the roof, and replaced the windows and front door to weatherize the property, topping it all off with a new coat of paint. David was extremely grateful saying, "Thank you Americans helping Americans. This will make it where my sister and I can get in and out of our home much easier. This has already made our home so much better for us to live in."



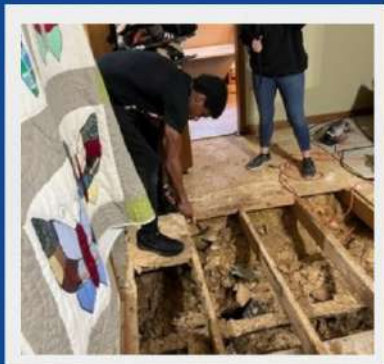
Before



After

Highlights

- 103 homes rehabilitated
- 279 individuals living in a better home

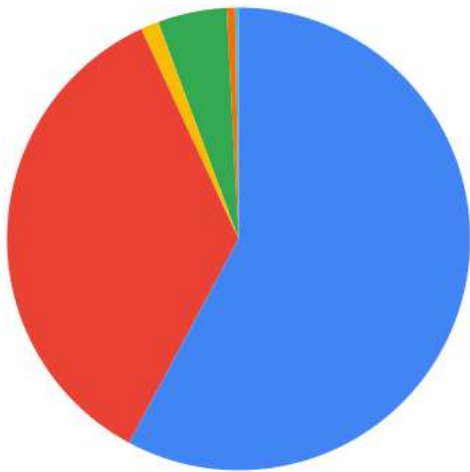


Financial Statement

The financial results depicted here are derived from the Americans Helping Americans® June 30th, 2022, 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.

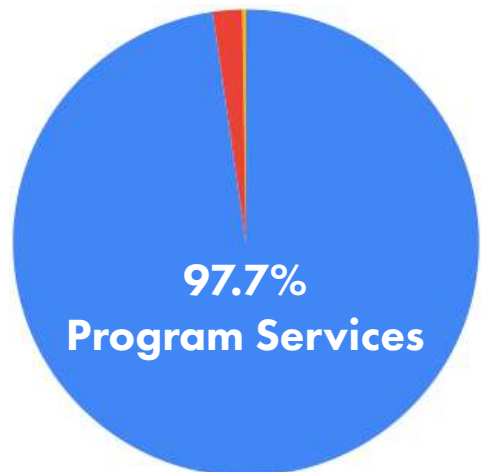
Support and Revenue	Unrestricted	Temporarily Restricted	Total
● Noncash contributions	\$1,312,183	\$ -	\$1,312,183
● Cash Contributions from affiliate	\$800,000	\$ -	\$800,000
● Workplace campaign contributions	\$ -	\$28,479	\$28,479
● Cash contributions	\$80,833	\$28,864	\$109,697
● Other Income	\$12,500	\$ -	\$12,500
● Rental income	\$5,880	\$ -	\$5,880
Investment Loss (Income) Net	(62,485)	\$ -	(62,485)
Satisfaction of time restrictions	\$27,467	(27,467)	\$ -
Satisfaction of purpose restrictions	\$28,864	(28,864)	\$ -
Total Support and Revenue	<u>\$2,205,242</u>	<u>\$1,012</u>	<u>\$2,206,254</u>
Expenses			
Program Services:			
● Domestic programs	\$2,050,849	\$ -	\$2,050,849
Total Program Services	<u>\$2,050,849</u>	<u>\$ -</u>	<u>\$2,050,849</u>
Supporting Services			
● Management and general	\$42,944	\$ -	\$42,944
● Fundraising	\$5,361	\$ -	\$5,361
Total Supporting Services	<u>\$48,305</u>	<u>\$ -</u>	<u>\$48,305</u>
Total Expenses	<u>\$2,099,154</u>	<u>\$ -</u>	<u>\$2,099,154</u>
Change in Net Assets	<u>\$106,088</u>	<u>\$1,012</u>	<u>\$107,100</u>
Net Assets, Beginning of Year	<u>\$718,844</u>	<u>\$23,800</u>	<u>\$742,644</u>
Net Assets, End of Year	<u>\$824,932</u>	<u>\$24,812</u>	<u>\$849,744</u>

Support and Revenue



FY 2021 Total Income
\$2,206,254

Expenses



FY 2021 Total Expenses
\$2,099,154

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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 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.



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