

Heroes Helping Heroes, Inc  
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Dear friend and neighbor,

As we enter the Christmas season, I am struck with the knowledge that there are many people in the world who want to do good but don't know where, when, or how to start. Issues of time, comfort, and trust prevent us from stepping out during the majority of the year. Christmas is an obvious outlet for us. We relax our guard and give more freely simply because it's Christmas. Maybe, for those of us raised in the land of plenty, it is because that holiday holds such joy and warmth as we dwell on the memories of our own personal Christmases past – memories of a warm home, loving parents, Grandma's good food in our belly, and plenty of joy and laughter as we spent the day reveling in presents and playing with cousins and friends. It is almost unthinkable to us that there are children not sharing in this reality and making those same sweet memories. So we give. And for one day, one season, we have done something good.

What happens when the batteries run out? When the leftovers are gone? When the temperatures drop and the heat bill rises and Mom's meager paycheck just can't cover it? What happens when tempers flare and patience runs thin? Where has the joy gone? *Where have we gone?*

December 3<sup>rd</sup> is GivingTuesday. This marks a day in which you can spread your good a little further. Be a hero with a long term impact. We are asking you to give on December 3<sup>rd</sup>, GivingTuesday, to Heroes Helping Heroes and our Seeds of Hope programs as we serve at-risk, foster, and adopted children and their families **free of charge with a completely volunteer staff** right here in the heart of the Piedmont and Foothills of North Carolina.

Programs that develop the strengths of the family and provide practical strategies to overcome challenges are in great need. In the primarily rural communities we serve, mentoring programs are extremely rare to non-existent. Abuse, neglect, and dependency often become generational. To give you a little perspective, please allow me to share with you some recently published statistics. According to the latest reports specific to North Carolina from the Child Welfare League of America published in 2019: In 2014, approximately 18,000 children ages 12 to 17 needed but had not received treatment for alcohol use in the past year. Approximately 26,000 children ages 12 to 17 needed but had not received treatment for illicit drug use in the past year. In 2015, an estimated 6,000 children age 12 to 17 were alcohol dependent. 242,000 adults age 18 and older were dependent on alcohol or used heroin. Health care costs related to opioid abuse reached \$582,486,663. 468 children lived in juvenile correction facilities. In 2016, 40,000 teens ages 16 to 19 were not enrolled in school and not working. 132,000 young adults ages 18 to 24 were not enrolled in school, were not working, and had no degree beyond high school. 16,027 children younger than 18 were arrested. Violent crimes were the reason for 923 of the arrests. In 2017, there were 20 reports of children aged 10 to 14 committing suicide, and 59 reports of suicide among children aged 15 to 19. 89 children under age 19 were killed by a firearm, compared to 84 in 2015. 94,880 grandparents had the primary responsibility of caring for their grandchildren.

<https://www.cwla.org/wp-content/uploads/2019/04/North-Carolina-2019.pdf>

Heroes Helping Heroes' long term goals are: to nurture spiritual, physical, and emotional growth by practical, appropriate, holistic teachings; to create entrepreneurial opportunities designed to stimulate goal setting, creativity, and positive thinking while promoting work ethic and leadership; to foster an atmosphere of positive, support-oriented relationships with caregivers, creating opportunities for educational development with the goal of breaking cycles of poverty, trauma, and victimization; to recruit additional youth and adult leaders throughout multiple communities, expanding a diverse pool of talents and experiences to enrich and strengthen our programming; to create an environment in which youth leaders are nurtured to become mentors. As our participant attendance and regional footprint continues to grow, we average approximately 90 volunteers on staff during the summer months. Many continue to serve throughout the program year or return each summer. Since our inception, approximately **450 unduplicated volunteers** have given their time, love, and energy to the Seeds of Hope programs.

Seeds of Hope is successfully reaching its goals in a variety of ways. Activities run throughout the year and include 3 weeks of summer camp, a mentor/mentee program, family focused quarterly/bi-monthly events, a Christmas Angel sponsor program, and a health and nutrition program. Curriculums are intrinsically designed

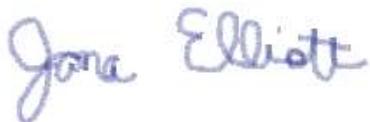
to promote health and wellness through a 3-tiered focus: mental, physical, and spiritual. Arts and education are intentionally addressed to feed the mind, stimulate new ways of thinking, and provide opportunities for growth and skill development. **To date, the over 713 unduplicated at-risk, foster, and adopted children that have attended Seeds of Hope events have done so at absolutely no cost to them or their families.**

Heroes Helping Heroes provides many opportunities for local community members to volunteer their time, talents, skills, and feedback as we work toward continued growth and sustainability. If you would like to serve alongside us as a program volunteer, please contact me, Jana Elliott, by telephone at 336-972-5266 or via email me at [janak313@surry.net](mailto:janak313@surry.net).

GivingTuesday, December 3<sup>rd</sup> 2019, affords you the opportunity to join a global movement of generosity. Please, use this day or any other, to unleash your power to transform your community and impact vulnerable children and their families. Donate online at [heroeshelpingheroes.net](http://heroeshelpingheroes.net) or via US mail to Heroes Helping Heroes, PO Box 152, Pinnacle, NC 27043. No amount is too small.

I leave you with this blessing from an unknown author: May God bless you with discomfort at easy answers, half-truths, & superficial relationships, so that HE may live deep within your heart. May God bless you with anger at injustice, oppression, and exploitation of people, so much, that HE will stir up in you work for justice, freedom, & peace. May God bless you with tears to shed for those who suffer from pain, rejection, starvation, and war so that you will reach out your hand to comfort them and help turn their pain to joy. And may God bless you with enough foolishness to believe that you can make a difference in this world, so that God may work through you to do what others claim cannot be done.

Sincerely,



Jana Elliott, Executive Director

[Heroes Helping Heroes](#)

*Will you be a hero today?*

[Heroes Helping Heroes Vision Statement](#)

*Heroes Helping Heroes is a non-profit organization that empowers orphans, foster, adopted, and other vulnerable children by creating vital mentor relationships and providing meaningful life experiences and skills training that ultimately enhance their spiritual and emotional wellness and promote their joyful futures.*

***Jeremiah 29:11 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."***