



HOUSE OF MERCY

making God's love visible to those in need

**86¢ OF EACH DOLLAR
GOES TO PROGRAMS**

JULY/ AUGUST 2016

“It’s Hard to Keep Up a Happy Face ”

We see diabetes so often at House of Mercy. Because carbohydrates are an inexpensive source of food, the overwhelming majority of poor people in the US are either pre-diabetic or diabetic. It has reached epidemic proportions.

This is why we offer FREE Cooking and Nutrition classes at HOM, for the whole community (not just our clients). Eve has gratefully signed up for these fun and entertaining classes.

Eve and her husband both have terrible diabetes. Her husband, due to his severe nerve pain, cannot work a regular forty hour week. Eve works even fewer hours. They live in a residence motel, with one small bedroom, and a small kitchenette. Their kids live with them and are just like any other kids...loving, adventurous and creative.

Eve came recently to HOM for food aid. **She was happy to learn of our commitment to provide healthy low sodium and low fat foods, and our willingness to provide special low carbohydrate bags for clients who request them.**

She had a long talk with our Passport to Hope coordinator, Clelia Vargas. She mentioned how disheartening it is to keep up a happy face for her kids. "I don't want them to know how depressed we are. My husband wants to get a house. But then I remind him that we are not able to continually pay a mortgage. And then we'd lose the house. Then he gets even more sad. He feels like he's not being a good dad."

"This is better," Eve continued. "What we have now is better for our money problems, but I wish the kids had a yard they could play in."



Picture credit:
USA Today

Two sides of the same coin...kids who eat a lot of ANY carbohydrates risk being pre-diabetic by 11 years old. Help your kids say "NO".



Our commitment to help serve our clients with diabetes has been in-place for a long time, and why we buy low-sodium and low-sugar foods for the bags served to our clients.

Being poor is so difficult to begin with, then compound the problems with ongoing medications and surgery. **Oh, dear Jesus, we trust in You.**

How your donations have helped:

- Bags of food provided to clients July/Aug: 1,251
- Family members provided food July/Aug: 966
- Families served food twice monthly July/Aug= 273
- Bags of food provided to low income Senior Apts July/Aug 132
- Pairs of shoes distributed to school kids: 179
- Number of times comfort and prayer provided : Thousands**

CLIENTS, FLU SHOT CLINIC WED 9/21/16 , 11am-1pm

Join us on Wednesday September 21 from 11am to 1pm here at HOM for a Flu Shot clinic. Clients with no insurance will be provided a voucher. All others, bring insurance info for billing. SHOTS ARE ABSOLUTELY FREE FOR YOU.



The remaining shifts are 8am to 10am, noon to 2pm, and 2 pm to 4pm. The cost to partner with HOM, to help provide the raw materials AND to help perpetuate our Education and Aid services is only \$20 per person. Copy and paste this into your web browser to easily sign up!

<http://www.signupgenius.com/go/20f044cada629abfb6-2016> or email help@houseofmercyva.org for more info.

2016 Campaign to End Hunger on Saturday Oct. 1 from 8am to 4pm!

Choose one of three shifts to partner with us for two hours. All food will be distributed by St. Lucy Project of the Diocese of Arlington, and by Capital Area Food Banks. This way, the food packed will go to pantries throughout Northern Virginia.



Jesus, I Trust in You

Urgent need for Volunteers; Lots of Opportunities and Times

Please consider donating some time with us at House of Mercy. The most urgent need is for help for Miss Clelia, as a Client Services helper. Also, assisting in the Donation Center (sorting, labeling, hanging).

Families are welcome to pack Beans and/or Rice on Wednesdays from 4:00 - 6:30 pm. Kids get your Community Service Hours finished before the rush!

HOUSE OF MERCY

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**WE'RE ON THE WEB!
WWW.HOUSEOFMERCYVA.ORG**



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