



Newsletter
Issue #1
June, 2016

Welcome!

by Robin Salmon, Founder/CEO



This marks our first issue of Donations From The Heart newsletter series. Our desire is to provide insight to those who support our mission and those within the local community of our recent and upcoming activities. We also would like to provide noteworthy news and information that may serve to help keep our viewers and supporters abreast of what is happening within the areas of social and spiritual concern that tie directly to our mission in serving. We have chosen topics that we feel our viewers share an interest in and we hope will serve as a point of encouragement and awareness. We welcome your feedback and hope you enjoy! Happy Reading!

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Advice for the Graduating Class of 2016

Personal fulfillment and individual accomplishments are twin goals of many who seek to find fulfillment in their personal lives or careers. Many 2016 college graduates are being celebrated with commencement speeches to help encourage and make them ready for what awaits them in the vast world of technology, business and politics. The two articles selected for review for this newsletter edition both share a common theme: Humility and its importance. While one, entitled **2016 Teaches Graduates the Wrong Lessons**, highlights the moral attributes from man's point of view the other, **Humility Before Honor**, references spiritual views and how they both serve to keep individuals rooted and grounded in what really matters.



Evangelist Dorothy Smith, Founder of City of Zion Christians Camp Ground, shares her spiritual view of hope as it pertains to humility. Truly a clarion call is being issued to everyone. "Wake Up to God's tender Love". *(continued on pg 2)*.

Health Corner

Food Tips: How to Select Meats

by Dr. William "SKIP" Vaughn, MD

As I was reviewing medical topics to share with our readers, I realized many seeking to improve their health don't always recognize the importance of selecting foods based on what's in it, or how it is grown and processed. All foods are not created equally. With Summer around the corner, and the season for cooking some of your most favorite meat selections on the grill, now is a good time to highlight the importance of selecting the right types of meats to gain the best benefit for one's health. Many people have different eating preferences. For those who eat meat, beef and chicken can supply excellent nutrients to your body and serve as a great source of protein in

addition to the many other nutritional benefits they have to offer. When purchasing beef or chicken, always look for GRASS-FED. Grass is homegrown and all natural. Unfortunately, many of the beef and chicken we see in our local supermarkets today have been CORN FED and are laden with Genetically Modified Organism also known as GMO corn, which notoriously leads to fattened cows and chickens. The fatter the beef or chicken, the fatter we get and disease thus follows suit.

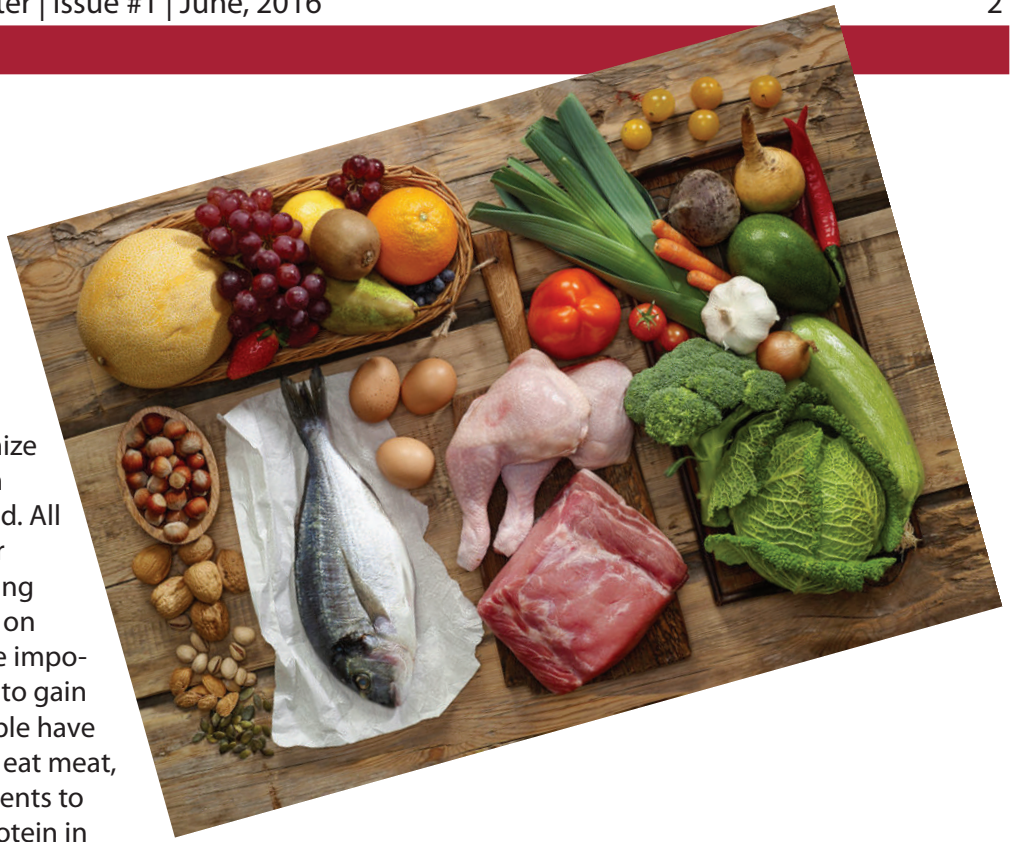
For those that are not allergic to seafood and enjoy eating fish, consider purchasing native fish or seafood (meaning indigenous produced, living, or existing naturally in a particular region or environment) as opposed to farm raised fish. Food serves a purpose far beyond its taste and our pleasure. While searching for things that taste good, remember that the functions and mechanisms of our body thrive on whole food nutrition. The foods we consume can greatly impact our bodies and can serve to do us good or harm. Maintaining a healthy diet and making proper food choices can serve to increase and sustain optimal health. In our next newsletter edition, I'll share more health tips on fruits and vegetables and the many other health benefits food has to offer.

The Information in Health Tips is to provide medical education and is not intended to treat or diagnose any condition. You should always speak with your doctor or healthcare professional before you start or change your healthcare regime. As always if you are suffering from any particular ailment or have allergies to certain foods in this article, please seek the advice of your own physician.

(Advice for the Graduating Class of 2016, continued from pg1.)

Humility or meekness are attributes needed in order to inherit far more than the fleeting accomplishments this world has to offer. While accomplishing goals should be important to everyone in life, without the sustenance of humility at the center of one's character as they strive to achieve these goals, many find themselves void of what it takes to endure during periods of plenty or lack, strength or weakness and good or bad times.

This generation of millennials are the forerunners and the largest generation alive at this hour. We must not mislead them into thinking more highly of themselves or even slightly promoting self-centered behaviors while cheering them on as they reach for the stars. Instead, we must impart the importance of humility and our dependency on God and the work of others around us. Humility for most has been identified as weakness. Nothing could be farther from the truth. In Matthew 11:29 Jesus says, "Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light. We can all play a part in investing in the lives of those who will be taking the baton and running with it by helping them embrace Gods' Grace and mercy, as well as, the importance of true humility.



A Giving Heart, A helping Hand, An Unveiled Treasure

A Tribute to Radie Perkins Lansdowne



Known for his bright smile, his love for sports and race cars and his ability to pull pranks on his closest friends and family, Radie Perkins Lansdowne revealed yet another side of his heart in the last two years of his life. He shared his gift of service with those in his local community in Raleigh, NC and with those he fellowshiped with at Faith Baptist Church located in Youngsville, NC.

“On any given day you could receive a phone call from someone saying that your car had been towed or that you had failed to pay your water bill or that you even had won a million dollars. As you begin to question the caller and explain your side of the story you would suddenly hear a burst of laughter and you would realize that it was your brother pulling yet another one of his pranks, leaving you with no other choice but to laugh along with him,” says his brother, Bruce Lansdowne.

“My brother is known for these kinds of pranks,” says Bruce. “He was a real jokester. My brother’s life taught me to never take life too seriously – his motto was to live, love and laugh.” On January 26, 2016, Radie Perkins Lansdowne died in Raleigh, NC. A native of Prince William County, Virginia and the second of seven children, Radie Lansdowne pulled yet another surprise on his family when several people in his church and local community revealed his long record of unwavering love and service for hundreds of seniors and underserved individuals. His brother Bruce stated that his family was shocked. He added, “I knew my brother had a heart for helping people, but my family and I didn’t know that his passion for service became a wonderful ministry in serving the elderly and those in need within his local community.”

Radie would clean houses and go grocery shopping for many of the seniors in his church community. He was also known for cooking meals and taking them to several families in need in his own neighborhood, serving as his own MEALS ON WHEELS. The Ministerial leadership of Faith Baptist Church in Youngsville, North Carolina shared how Radie would arrive hours before service would start every Sunday morning to drop off food for the food pantry and to meet and greet with seniors. Radie shared his passion of service with the young adults at Faith Baptist Church by participating in the youth ministry, where he was known for being a New York Giants fan and an avid sports lover. Radie’s passion and love for the senior’s ministry led him to take up crocheting right alongside those seniors he served. “Over 200 seniors attended my brother’s memorial service. Many of the seniors expressed to me and my family how deeply his love and support towards them will be greatly missed. In fact, many still send us letters, expressing their sadness for the loss of someone who really knew how to care for them and put a smile on their faces,” says Bruce.

Tenderness towards others. A love that extends far beyond human capability. All along his laughter, his pranks, and his jokes were the drivers that caused Radie to share himself with so many of those in need, especially the elderly community. “I miss my brother,” says Bruce. “But I am delighted to know my brother cared for so many people and served in such an awesome way. He was considered a son to the many seniors he supported, a friend to all that knew him and loved him and a caregiver to the less fortunate he served.”

In support of those seniors in need of elder care, Justice Federal Credit Union, at the direction of Lansdown family, donated \$100.00 in memory of Radie Lansdowne to help support the mission of Donations From The Heart in service to the elderly.

The passing of a loved one is never easy. The comfort of The Word of God and fine memories we cherish help fill that empty space. What a wonderful, unveiling to add to those fine memories. To know that someone you love was far more than a brother, a son, a father, a friend and a prankster with a great smile and much laughter, but also a humble servant of God that cared for those in need. A great addition to the fond collection of memories.

This tribute was selected in hopes that it would provide inspiration and enlightenment to the reader. Everyone has beautiful hidden treasures within. May God unveil yours.

Donor Highlights: Giving in the Workplace



Whether you are employed by State, Local or Federal government agencies or by the private sector, you probably have access to charitable giving through payroll deductions. By donating to Donations From The Heart, Inc. (DFTH) through your workplace, you can receive tax benefits while helping assist those in need.



Maryland State employees may donate through the Maryland Charities Campaign (MCC). DFTH's MD Charity Campaign Book Number is: 1464.

Federal government employees may give to Donations From The Heart through the Combined Federal Campaign (CFC). Currently, we are approved as recipients through the Chesapeake Bay Area and National Capital Area. DFTH's CFC Giving Number is: 72057. You may also mail donations to:

Donations From The Heart Inc.
P.O. Box 371
Odenton, MD 21113



About Us

Founded in June, 2011, Donations From The Heart Inc. (DFTH) is a faith-based non-profit organization serving disadvantaged individuals and families that are classified as low income to include US Military troops and US Veterans in all 5 branches of the Armed Forces. DFTH is a 501(c)3 organization approved and recognized by the State of Maryland Charities Division as a charitable organization. The organization consists of six Board Members, five Volunteer Staff Members, and 30 additional volunteers that support the mission of outreach. Donations From The Heart Inc. serves local communities, by providing nine outreach programs and three Christian Ministry Programs to help those in need reach their goals of independence and self-sufficiency. For more information about Donations From The Heart Inc., visit its website at: <http://www.donationsfromtheheart.org>.

DFTH Events

A Heart of Champions Backpack Event

Saturday, August 13, 2016 10:00am-4:00pm
Location: Seven Oaks Community Center
207 Talford Court, Odenton, MD 21113

Donations From The Heart will sponsor a Back-to-School Backpack event on August, 13, 2016 to support under-served students who need school supplies and backpacks in Maryland, DC and VA . Grades 1-12 included. Backpacks will be given on a first come first served basis. For more information, please visit: <http://www.donationsfromtheheart.org/> OR please email: backpackgiveaway@donationsfromtheheart.org OR call 1-855-493-4483, option 2.

Community Events

Center Stage Kids is an organization that helps children discover their creative side by teaching arts and crafts and musical theater. Fall Classes begin in August. To learn more, please visit: <http://www.centerstagekids.net/>.

National Harbor Events

Summer Fridays!
Every Friday Jun-Aug, 3:00 - 6:00 PM

Start your weekend off with lawn games like cornhole, bocce, and more! Enjoy performances by Bobby McKey's, giveaways, and listen to the DJ spin summer enthused jams. For more events, visit: <http://www.nationalharbor.com/events/>.

Miller Farms Farmer's Market
Every Saturday and Sunday, April 23rd – October.
10:00 a.m.–5:00 p.m.

Miller Farms Farmer's Market has wide array of fresh fruits and vegetables, baked goods, beautiful flowers and plants, and much more. For more information, please visit: <http://www.millerfarmsclinton.com/>.