



Donations From The Heart Inc

Newsletter
Issue #2
Fall 2016

Cheers to Fall!

A Time of Change, Thanksgiving and Celebration

by Robin and Gregory Salmon, Founder/Co-Founder

Summer is gone and we have entered a season of change. This edition of our newsletter is called Cheers to Fall - a time in which change on many fronts is taking place. The leaves will reflect their beauty as they die, and families will begin to prepare in the spirit of unity as they celebrate a host of holidays that will carry on throughout the remainder of this year. Our desire is to provide hope to our readers - while change may be uncertain and in some cases painful it is always necessary for one's growth. In order for us to experience a beautiful Spring and an exciting Summer, Fall and Winter must occur. It is so with our own lives. As we approach the upcoming holidays, let us not lose sight of what is really important; family, unity and peace of mind. Let us embrace the season with the spirit of hope, love and sharing. We have chosen topics in this recent edition that provide encouragement and hope to uplift your soul. As always, we welcome your feedback and hope you enjoy! Cheers and Happy Reading!

In This Issue

- Change, A Position of Victory
- DFTH Thanksgiving Food Drive
- Health Corner
- The Gap Partnership
- Volunteer of the Quarter
- Donor Highlights
- Upcoming DFTH & Community Events

Change

A Position of Victory

Celebrating true change rarely occurs on the front end of any situation. In the most celebratory events, such as a wedding, the birth of a child, or a graduation ceremony; once the laughter, the tears of joy, and party favors are all gone, a wave of uncertainty can begin to rise within us that causes a sense of fear of the unknown. A mountain climber can prepare through physical exercise, train with harnesses and ropes and scope the terrain and the landscape of a mountain he/she endeavors to climb; a sense of excitement may emerge before getting started, however, once this journey begins, it is always met with a sense of uncertainty and fear as each step is taken towards reaching the top.

What about those challenging times when everything that could go wrong seems to go wrong? A loss of a job, the death of loved one, the unforeseen events that seem to turn your life upside down. Embracing change with a view of optimism in the most uncertain times can determine one's position of victory or defeat. Many of us hate change because it leaves us feeling afraid of the unknown. Our level of comfort appears to be under attack. Change challenges our expectations, our routines, our understanding of the world and how we live in it. Once victory is obtained, the beauty of change is appreciated and can give us a reason to celebrate (cont. pg3).



Health Corner

by Dr. William "SKIP" Vaughn, MD

As you can well imagine, it is pollen season and the beginning of the flu season. Two very uncomfortable attackers of the immune system. While seasonal influenza (flu) viruses can be detected year-round in the United States, flu viruses are most common during the fall and winter. The exact timing and duration of flu seasons can vary, but influenza activity often begins to increase in October. Most of the time flu activity peaks between December and March, although activity can last as late as May.

Often times patients ask me what I use to ward off the effects of the flu and certain allergens such as pollen. I use two different methods, however both work synergistically to help me maintain a healthy immune system while adding relief on both fronts. Safe and easy tips to address pollen include the use of anti-allergy pills such as Allegra, Claritin and Zyrtec. These can be good medications to take daily. When additional reinforcements are required, nasal sprays such as Flonase and Nasacort can be used along with anti-allergy pills as needed. Many allergy sufferers believe that you should only take medication when showing symptoms of an allergy attack. Most allergy medications work best if they are already in the person's system or immediately after exposure, even if the person has shown no allergic symptoms.

Now for the dreaded Flu, that's a different story. With the Food and Drug Administration now BANNING NASAL SPRAY because of its INEFFECTIVENESS IN STOPPING FLU (NO KIDDING 🙄), WE ARE ONLY LEFT WITH SHOTS! So, for those who aren't afraid of getting the Flu shot, now is a great time to get one, as it lasts up to six months in your system. In addition, I would strongly augment it with at least 2,000 units of both vitamin C and D. Both of these vitamins augment your immune system to further fight off the flu. (As a health care provider, I personally take 5,000 of each once a day for I CAN'T AFFORD TO GET SICK, I'M A DOCTOR).

Using these safe and easy tips should lead to a Stress Free, Pollen Free, Flu Free Season. Cheers to Fall!

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 medications known/unknown as noted within this article, please seek the advice of your own physician.



DFTH Thanksgiving Food Drive



On November 18, 2015 Donations From The Heart (DFTH) held its third annual Thanksgiving Food drive. Approximately 1,106 bags of groceries were distributed to 79 households with needy families and 1 nonprofit organization (Challenger Independent Living Inc.) in the Maryland and DC Metropolitan area. This was possible because of God's Grace and the assistance of 46 volunteers. Each family received a month's supply of groceries and bottled water. Due to the increase in the number of families/individuals in need in 2015, we allocated two days to accomplish this tremendous task of service. We were also able to receive volunteers from Fort George G. Meade and the Garrison Command at the assistance of the Management Support/Protocol Officer, Ms. Angelita Streets. Angie connected us to Gunnery Sgt. Chance W. Haworth, Senior Enlisted Advisor of the Marine Detachment at Fort Meade.

Ten of the newly enlisted Marines brought youth, joy, strength and excitement to this heartfelt event. We look forward to assisting those in need this Thanksgiving season.

Change

A Position of Victory

(Continued from Pg 1)

The word of God says, "But thanks be to God, who gives us the victory [as conquerors] through our Lord Jesus Christ." I Corinthians 15:57 AMP. Let me suggest we find comfort in the ONE that doesn't change. The ONE who is with us in every season of life. The ONE who is always there to bring comfort and solace to our souls when fear and uncertainty grip our hearts.

No matter how easy or difficult, let us place our hope and cast all our cares on the Almighty God and His Son Jesus. This holiday season, if things in your life have brought about a change, whether positive or negative, find comfort in the truth of God's beautiful Word and know He loves you and is the provision that will see you through to a position of victory!

"For I am the LORD, I do not change; that is why you, O sons of Jacob, have not come to an end." Malachi 3:6 AMP

"Have I not commanded you? Be strong and courageous! Do not be terrified or dismayed (intimidated), for the LORD your God is with you wherever you go." Joshua 1:9 AMP

Donations From The Heart Inc. and The Gap Outlet Partnership

Holiday Adopt-a-Family Program



Donations From The Heart Inc. (DFTH) and The GAP Outlet (also known as The GAP Inc. and located in Arundel Mills Mall in Hanover, Maryland) formed a local partnership to provide clothing and toys to local families in need during the 2015 Christmas Holiday under the GAP's ADOPT-A-FAMILY program. The collaborative outreach of both companies made a tremendous impact on two local US Veteran families that were in need of clothing and gifts for their children who otherwise would have gone without. DFTH selected two US Veteran families as recipients for the Adopt-a-Family program in December, 2015. The Gap Outlet supplied clothing to the children and parents along with a wish list of toys. This outpouring of generosity brought holiday cheer to both the parents and their children. The GAP Outlet and its Store Manager, JoElle Palmer are easy to work with.

This partnership exemplifies their dedication to support families in need within their community. DFTH and The GAP Outlet will continue to work together to support families in the local area. Further, this year we are pleased to announce that an additional Gap store, Banana Republic, will be partnering with us to help bring clothing and joy to families in need this holiday season.

For more information, please contact:

Robin Salmon, CEO/Founder, Donations From The Heart Inc.

1-855-4-WE-GIVE (1-855-493-4483)

info@donationsfromtheheart.org

Volunteer of the Quarter

Consistency, A True Mark of a Champion



Donations From The Heart is very proud of the team of volunteers that support us in our mission of service. Each volunteer, known as a Race Runner, brings their own uniqueness along with a myriad of gifts and talents that allow us to successfully accomplish our mission. Without these giving hearts and helping hands it would be difficult for us to support those in need. Every quarter we would like to highlight a volunteer for their exceptional service.

This quarter, Earlene Capers of Suitland, Maryland (standing to the left of Leslie Patterson in the above picture) is our Volunteer Race Runner of the quarter. Earlene has served as a volunteer for over 10 years supporting many social concerns and is well acquainted with the commitment that is required to serve others. Earlene has been a member of the Holy Comforter Saint Cyprian Catholic Church for over 30 years where she serves as the Chairperson for the Social Concerns Ministry. The ministry she chairs is instrumental in providing, spiritual, emotional and financial support to those in need of emergency assistance. Earlene prepares and serves hot lunches at SO OTHERS MIGHT EAT (SOME) for over 350 individuals/families once a month. In addition, she supports the Food Christmas baskets for more than 75 recipients each year in her local community. Somehow Earlene finds the time to share all of this love and talent with us here and those she serves through DFTH.

Earlene has been offering her volunteer service to DFTH since 2012. From the time we met her at our first Thanksgiving Food Drive, she has continued to show us how important consistency is when it comes down to fulfilling the needs of others. Earlene comes prepared mentally, spiritually and physically to serve. Earlene is always on time and eager to lay her hand to the task set before her. Her creativity and efficiency when accomplishing these tasks are admirable. Her smile, and friendly personality makes everyone feel like "OK, Mom is on the scene so let's do this project right!" If caught in a pinch on how to make a project run smoothly, everyone glances over at Earlene because they know she will get the job done, every time.

On behalf of all of our staff at Donations From The Heart, we celebrate a Champion:

Thank you Earlene!

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: 452543346.

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

2016 DFTH Thanksgiving Food Drive
November 17 and 18, 2016

Located at Seven Oaks Community Center 207 Talford Court, Odenton, MD 21113

The Gap-Adopt-A-Family in Partnership with DFTH
December 21, 2016

For more information please email: volunteer@donationsfromtheheart.org or call 1-855-4-WE-Give (1-855-493-493-4483).

Support Donations From the Heart Inc.

When you shop at smile.amazon.com, Amazon donates.

[Go to smile.amazon.com](https://smile.amazon.com)

amazonsmile

Donate when you shop on Amazon. AmazonSmile Foundation will donate 0.5% of the purchase price to Donations From The Heart on your selected purchases. Use this link to shop knowing you are helping our mission: <https://smile.amazon.com/ch/45-2543346>.

Community Events

The holiday season holds many activities that can be enjoyed with family and friends. DFTH would like to encourage our readers to consider, simple, fun and relaxing ways of enjoying this holiday season when it comes to activities. Consider watching a healthy comedy, or a child friendly movie that doesn't involve violence, killing or profanity. Or how about inspirational movies that help encourage your soul. For an outdoor activity consider visiting the Site & Sound Theaters, located in Lancaster PA.



Experience this Bible story of Samson as it's brought to life by a world-class cast, spectacular special effects and live animals - on stage and in the aisles. Visit: <http://www.sight-sound.com/WebSite/home.do>.

Open until December 31, 2016