



Ensuring healthy meals are possible

“Groceries are a luxury right now.” —Tammi

When Tammi goes to the grocery store, all she feels is stress.

She works full-time as a home health aide, but at \$10 an hour, she earns too much to qualify for food stamps. Tammi’s husband continues to take temp jobs while looking for something more permanent, but together they struggle to make ends meet and keep food on the table for their teenage daughter.

Tammi says, “Even with both parents working, it’s a struggle. With the rising cost of housing, food is the last thing you buy after you pay the bills.”

Your support helps Tammi’s family get by. Read more of her story on page 2

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A message of hope from Sue Villilo



This might be surprising, but we don't see any decline in the need for our services in the summer. The particular needs change, but the demand in the summer is just as high.

Instead of worrying about people sleeping on the streets in freezing temperatures, we are concerned about people suffering from heat exhaustion and dehydration. In the summer, we encounter people each week in serious need of medical attention for heat-related issues.

That's why we're so grateful for your faithful support of the LSS Network of Hope. The programs and services we provide in the summer are as vitally important as they are in winter. Your generosity will continue to help us reach the people in our community who need it most.

In the summer, our donations tend to drop, and that seriously impacts the programs and services we can provide. Whether it's through a meal, shelter or being able to pass out water bottles to people suffering from dehydration, those services matter deeply to the people we serve.

Your continued generosity will help ensure we can reach as many hurting neighbors as possible all summer long. Thank you for your prayers and support. We are so grateful for all you do!

With gratitude,

Sue Villilo
Assistant Vice President of
Community-Based Services, LSS

Continued from the cover



"It's a blessing to come here and get some healthy food for a change."

—Tammi, LSS Food Pantries client

You're putting food on the tables of struggling families

Sadly, groceries are a "luxury" for thousands of individuals and families across Ohio. Hardworking parents like Tammi can barely cover their bills—and when families are struggling financially, food becomes optional.

That's why your continued support of the LSS Food Pantries is vital for neighbors like Tammi, who has skipped meals so her daughter can eat. If she can afford food, she often buys the cheapest items she can at the store. That tends to be the unhealthy, highly processed foods.

"Today, I'm so excited to take home the peaches and apples that are here. Buying unhealthy food is cheaper and easier to buy, so we tend to lean toward the more unhealthy stuff," Tammi says. "It's a blessing to come here and get some healthy food for a change."

Supporting healthier families and communities

You've made it possible for families to have a place to turn to while they face difficult circumstances.

Thanks to your compassion and generosity, Tammi can come to the LSS Food Pantries and pick up nutritious food for her family. It's one less thing for her to stress about while she and her husband work to get their family back on their feet.

"I'm so grateful to come here and get food. The donors are like guardian angels helping so many others and myself," Tammi says. "Without their help, a lot of people would go without. Sometimes I would go without. So I'm very grateful for all they do."

Thousands of neighbors across Ohio are struggling to make ends meet, just like Tammi. To help provide even more nutritious food and care for struggling families, please visit lssnetworkofhope.org/foodpantries

LSS FAITH MISSION

Helping seniors find a home

After losing his house, Charles was alone and living in his car. He shared his story about coming to Faith Mission and receiving the help he needed—all made possible by your faithful support.

I'm retired and fell behind on my mortgage payments. Then my house got repossessed. I had nowhere to go and no relatives I could stay with, so I slept in my car for a week. That was an incredibly frustrating and difficult situation.

One time the police woke me up, and I had to leave where I was. That made me very nervous. I would try to wash up in a Burger King or McDonalds and buy new clothes from the thrift shop on the days I couldn't clean up. I knew I had to do something different than what I was doing.

A friend suggested I come here to Faith Mission and they have really helped me. It's amazing how much better I started to feel physically from being able to sleep in a bed again. My mental well-being was a lot better, too.

In my time here, I was able to get a physical evaluation from a doctor—something I needed due to a heart issue. They also gave me new eyeglasses that actually fit my prescription—I can see so much better now. Getting the medical care I needed has made a big difference for me.

Faith Mission is also helping me move forward in my life. I have an application in at a senior housing facility—I'm hopeful I'll be able to move in soon. If I get the chance to talk to anybody about it, I recommend they come to Faith Mission. The staff here



"I can see so much better now."

—Charles, LSS Faith Mission client

has been really good to me and helped me with a lot of different situations.

Your compassion and generosity have blessed so many hurting neighbors just like Charles. Thank you for your support!

How you can help provide care and hope all summer long

For struggling neighbors across Ohio, summer can be one of the most stressful times of year.

With the heat and humidity rising, utility bills can soar. Families already on a tight budget struggle to keep up. And for men and women living on the streets with limited access to food and fresh water, their health becomes endangered even more.

Summer can be a hopeless time—but thanks to your continued generosity, it doesn't have to be.

Your generous gift of any amount now will be a blessing for the neighbors who come through our doors this summer. Many individuals are looking for a comforting meal,



shelter and care to get back on their feet. You'll help provide the hope they need to move forward in their lives.

Summer is the time of year when our donations drop drastically—yet the need across Ohio increases. If you want to help even more

neighbors in need, please consider becoming part of our Faithful Friends community if you are not already a member. You will be part of a group of monthly donors providing food, shelter, safety, and healing year-round!

Thank you for helping us bring vital services all summer long to those who need them most in our community. Struggling neighbors across Ohio are blessed by your generosity.

At LSS, we are hopeful we can meet the physical, emotional, and spiritual needs of every single person who comes through our doors. Please consider giving a gift today by going online to Issnetworkofhope.org/donate or send the enclosed reply slip with your gift. Thank you!

Your compassion in action

Your support helps provide meals and shelter to homeless and hungry neighbors who come to LSS Faith Mission in both Franklin and Fairfield counties. You ensure families struggling with hunger have access to nutritious food at the LSS Food Pantries. And you bless women and men facing domestic violence with a safe, secure place to stay and heal through LSS CHOICES. If you're able, please use the form on the reverse side to give another kind donation today.

LSS CHOICES

Finding hope in difficult circumstances



Jessica found herself praying in church, scared and unsure what to do. She had been in and out of abusive relationships for a long time and didn't know whom she could trust.

She didn't know where to turn. But that day at church, someone was there who had been through our LSS CHOICES shelter. When Jessica shared her story, the woman told her about the difference CHOICES had made in her own life.

"I've been having such a challenge to get back on my feet again. I had a really good job and benefits," Jessica says. "But when that moment happened at the church, that's when I said, 'OK God, I'm listening.'"

Jessica came to the CHOICES shelter and received counseling and other support services she needed. Through your generous support, we helped Jessica secure a new job, and she is working with our staff to find a stable housing situation.

"I'm so grateful. I don't know where I would be right now without CHOICES," Jessica says. "I have hope now."

LSS CHOICES provides a safe, secure place for victims of domestic violence and their families. For people like Jessica, your support provides the care they need to get back on their feet. Please visit Issnetworkofhope.org/choices to donate today or learn more.

Photo and name have been changed to protect the privacy of the client.

Thank you to our funders



COLUMBUS

communityshelterboard



Stay connected!



LSS FOOD PANTRIES

Serving and blessing the community

Upper Arlington Lutheran Church has been a faithful supporter of the LSS Food Pantries for many years. Their members are generous in many ways and strive to be examples of Christian love to the children and families we serve through our shared ministry.

The members of UALC have volunteered many hours at the pantry, helping clients get their food items ready to take home and offering a warm smile and an encouraging word. Their members have also donated, collected and transported food donations to LSS. They focus on showing honor and dignity to everyone who comes through the pantry to receive food.

We are so grateful for all the ways the UALC community have been a blessing to our neighbors in need and to the LSS Food Pantries over the years. Thank you!



Yes, I want to provide meals, shelter and care this summer to struggling neighbors across Ohio.

I'm enclosing: \$15 \$30 \$50 \$150 \$_____

I'd like to give monthly and join Faithful Friends.

My first gift of \$_____ is enclosed.

I'd like my gift to help the following program:

LSS Faith Mission LSS Food Pantries LSS CHOICES

Please make your check payable to LSS.

NAME _____

ADDRESS _____

APT _____

CITY _____

STATE _____

ZIP _____

EMAIL _____

Your gift is tax deductible to the full extent of the law. We will send a receipt for your records.

To give a gift online, go to Issnetworkofhope.org/SummerNews

LSS Network of Hope

500 W. Wilson Bridge Rd., Suite 245, Worthington, OH 43085

VISA MASTERCARD AMEX DISCOVER

CARD NUMBER _____

EXPIRATION DATE _____

SECURITY CODE _____

AMOUNT _____

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SIGNATURE _____



A Network of Hope

Thank You