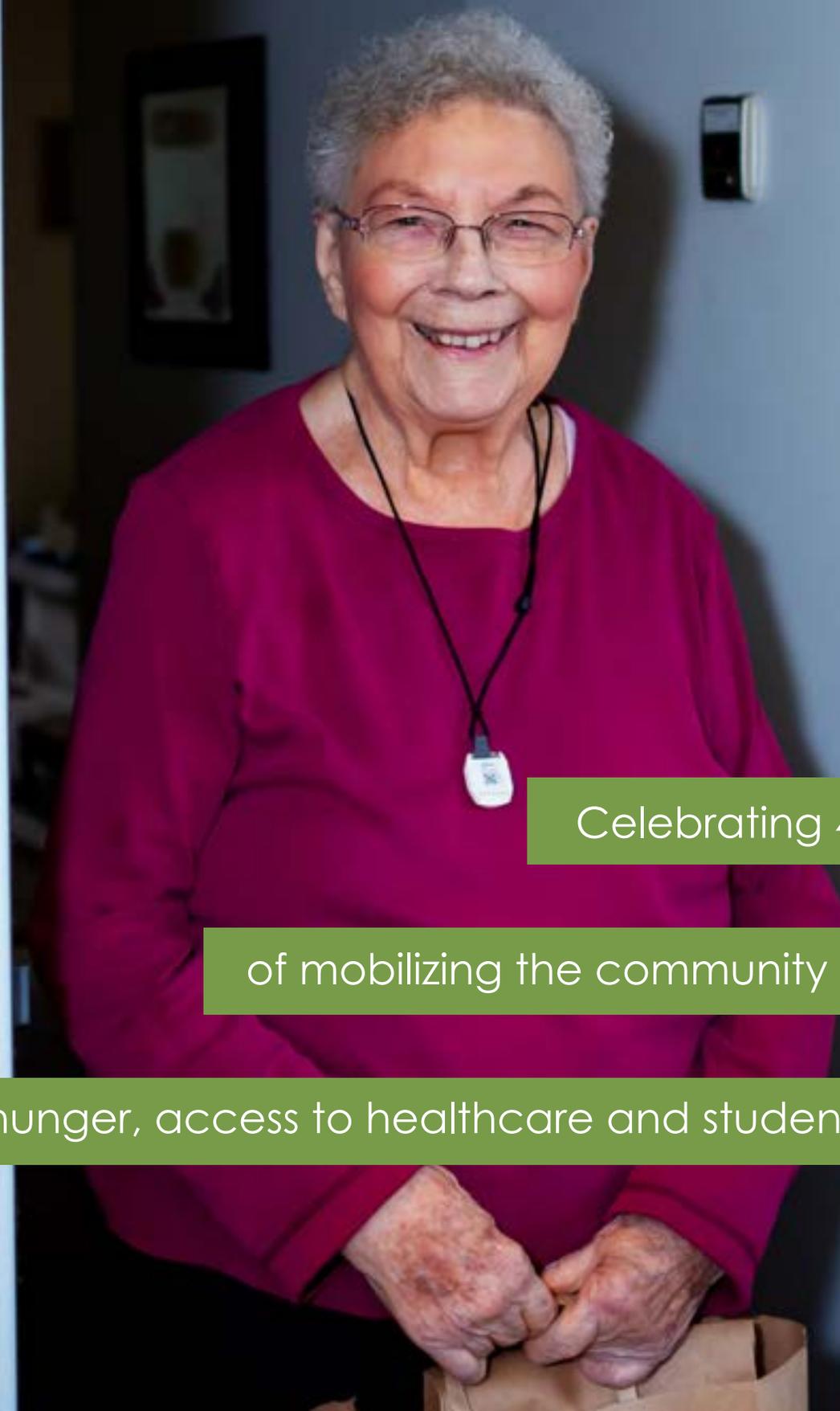




2021 Impact Report



Celebrating 40 years of

of mobilizing the community to address

hunger, access to healthcare and student supports.

Community Impact

2021 was a year of strategic growth for RFWF as we sought to continue the same vital services we've offered for years through the Care Van and Neighbors Feeding Neighbors while also putting focus and intention on preventative programming. Namely, we launched our in-school mental health counseling program in which we serve students experiencing crisis and/or mental health struggle.

In-School Mental Health Counseling

A recent community needs assessment identified easily accessible mental health support. Beginning September 2021, we provided each of Enumclaw School District's secondary schools with licensed mental health counselors who provide free-of-charge counseling services to students in need, right on campus and during school hours. The need was great and the LMHCs schedules quickly filled to capacity. By the close of 2021, they were serving 98 students in grades 6-12.

This initiative is working to prevent self-harm, suicide substance reliance and family disruption. By continuing to support local students, we can foster positive futures for the next generation of adults.

Senior Hot Meal Delivery

After 16 months of a modified delivery program consisting of a combination of warm freshly-prepared and frozen meals due to the pandemic, we were able to return to our standard program format in July 2021. We are pleased to resume warm meal delivery three times per week. Each delivery includes a hot dinner and lunch for the following day, as well as vital social connection and informal welfare checks.

2021 also saw the launch of our Senior Greeting Neighbors sponsorship program in which monthly sponsors are connected with a local senior for a one-on-one penpal relationship. These personal interactions can make a world of difference for seniors who are otherwise isolated.

- 6,991 meals delivered to homebound seniors
- 73 Thanksgiving Day Dinners delivered
- 80 Christmas Day dinners & poinsettias delivered
- 2,473 volunteer hours

Weekend Backpack Food Program

Our weekly food bag distribution grew exponentially during the spring school closure as we served children ages 2-18 regardless of enrollment status. In partnership with Enumclaw School District, we continued our distribution of weekly food bags for students who may otherwise go hungry when without access to school-provided meals.

- 6,856 food bags distributed
 - 757 volunteer hours
-



Full Bellies

With a shift to take-out style service, our weekly community dinners continued throughout the year for anyone in need of a warm meal. Outdoor dining was offered during the summer months.

- 3,400+ meals served
 - 1,800 volunteer hours
-



Care Van

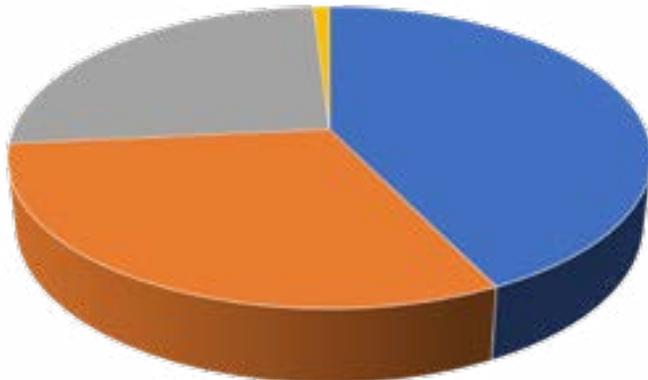
This vital service continued to provide transportation to anyone in need of healthcare access support.

- 1,868 transports provided
 - 1,391 rides utilizing ADA lift
 - 9,306 miles driven
 - 880 gallons of fuel purchased
 - Served Carbonado, Wilkeson, South Prairie, Buckley, Greenwater, Enumclaw & Black Diamond
-

Mobilizing our community to address hunger, healthcare access & student success

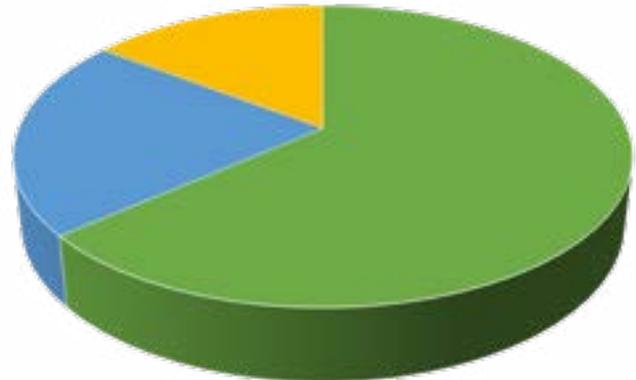
2021 Financial Summary

Revenue - \$583,335



- Fundraising Events - 43%
- Grants - 34%
- Individual Donations - 26%
- Corporate Donations - 1%

Expenses - \$441,572



- Programs - 57%
- Fundraising - 24%
- Management & Operations - 19%

Care Van

Total Program Expense: \$75,267

Cost per roundtrip ride: \$61

Care Van Designated Revenue: \$76,112

Neighbors Feeding Neighbors

Total Program Expense: \$94,664

NFN Designated Revenue: \$73,188

Net loss of **\$21,476** covered by General Fund

Mental Health & Student Support Services

Total Program Expense: \$76,242

Mental Health Designated Revenue: \$88,292



What Support is Most Needed?

We understand that, as a donor, it often feels the most gratifying to know your gift was allocated for food or a specific service. What can actually best serve our neighbors in need, however, is non-specific funding.

Our general fund does indeed cover expenses for existing programs. It also allows us to remain flexible and respond to newly identified needs and service opportunities. For example, it was our general funding that allowed us to respond when the unprecedented pandemic hit and our programs faced greater need than ever before.

To ensure each gift is doing the most work possible, we encourage donors to give to our General Fund. Monthly pledges even further the impact by allowing us to better plan for program growth and service expansion.

**Unless otherwise noted, funds raised through Holiday Fantasy are applied to the general fund.*

“The greatness of a community is most accurately measured by the compassionate actions of its members.” - Coretta Scott King



SUPPORT RAINIER FOOTHILLS WELLNESS FOUNDATION

Give Online - Visit our secure website at www.rfwellnessfoundation.org to set up your recurring monthly donation, sponsor a neighbor or make a one-time gift.

Sponsor a Neighbor: Provide monthly meals for a local senior or child. Our senior sponsors are invited to enter into a meaningful penpal relationship, too! [Sign up now to change a life with a simple monthly donation.](#)

Matching Gifts - Check with your employer to see if they match charitable donations. If they do, let us know. This is a powerful way to double your gift!

Amazon Wishlist- Assisting with specific program needs has never been easier! [Simply shop our wishlist](#) and program necessities will be shipped directly to our office.

Amazon - Visit www.smile.amazon.com and select Rainier Foothills Wellness Foundation as your charity of choice.

Estate Planning - Support our ongoing work by naming the Rainier Foothills Wellness Foundation in your Will.

Volunteer - Volunteers are the lifeblood of RFWF! Let us know you're ready to help.

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Tami Ward, Care Van Driver
Willie Thode, Care Van Driver



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