



IMPACT

ANNUAL REPORT

20
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IMPACT
2019

*Building hope, transforming lives, sharing
Christ's love through service in Appalachia.*



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LETTER

FROM THE PRESIDENT



When their older children were little and there were essential items they couldn't provide for them, Walter and Bertha Mullins knew they could count, from time to time, on help from Family Advocacy. This help included emergency assistance. But Walter worked to provide for his family and he even volunteered during the holidays to help other families dealing with financial hardship during Christmas. The family has a history with Christian Appalachian Project (CAP) that spans over 25 years. When they have needed a hand up, your generosity ensured that CAP was there to help.

The need became even more apparent a few years ago. The Mullins family moved into a rented mobile home after their first home burned down leaving them with few worldly possessions. Then, in 2015, they found themselves standing on higher ground, barefoot and muddy, with just the items they could carry as flood waters washed away their home, a car, and much of their community.

Because of you, CAP was able to partner with the Mullins family to provide a real home for them. This family was trying to overcome their circumstances, but life kept knocking them down. Sometimes, we all just need a helping hand. You provided that helping hand to Walter, Bertha, and their children. Thank you.

Now, their son Josh is preparing to start a year of service with CAP as a volunteer and an AmeriCorps member. He worked with the Housing crew on his own family home, and has assisted at CAP's Operation Sharing to provide needed essentials to other Appalachian families.

Josh has embraced his opportunity to pay it forward, to show kindness and compassion to others. You have shown that same kindness and compassion by generously giving to CAP this year. The impact of your giving continues like ripples in a pond.

CAP's ministry wouldn't be possible without your generous charitable gifts. As we celebrate the end of 55 years of serving people in need in Appalachia, THANK YOU. You make good things possible for families like the Mullinses, good things that multiply and impact more families. Thank you for building hope, transforming lives, and sharing Christ's love through service in Appalachia. You make this work happen.

In gratitude,

Guy Adams, President/CEO

FINANCIAL STATEMENT

Statement of Financial Position as of Aug. 31, 2019

Assets	\$ 27,445,735
Liabilities	\$2,241,803
Net Assests	\$25,203,932
Revenues, gains, and other support	\$98,417,971
Expenses	\$99,626,658
Actuarial adjustment on annuity obligations	
Total expenses and losses	\$99,732,953
Change in net assets	\$1,314,982
Net assets, beginning of year	\$26,518,914
Net assets, end of year	\$25,203,932

The financial summaries presented here were compiled by management. A copy of the FY19 Audited Financial Statements can be obtained by contacting Guy Adams, president or Brian Stiefel, controller. Christian Appalachian Project is a 501 c(3) not-for-profit corporation qualified to receive tax-deductible contributions.

VOICE OF **IMPACT**



Shauna Zamora

When I think of the great work that Christian Appalachian Project (CAP) does, I think of my mother, Ella Mae Freiwald. It is because of her that I am a financial supporter of CAP. I didn't grow up knowing about CAP, but my mother was a donor even back then. She had three main charities that she gave to on a regular basis and CAP was one of them. When I was in a position to select my own charities to support, she highly recommended CAP. It was a local organization helping people in need in Appalachia.

My mother was a nurse, so was her sister. I just think that helping people was a part of who they were. She was active in the community and was involved in local organizations that focused on philanthropy. She was leading by her example, not only in her

community, but at home. She was a role model and she worked to help a lot of people.

I wanted to be involved too, just like the example she had set. My mother taught me that service was very important. You had to be active in helping people that were in need. I learned from watching my mother give to her community that providing financial support to charities that are important to you works both ways. It is a benefit that helps people in need, but it also is good for your own soul. She imparted that to me.

I gave my first donation to CAP 30 years ago. I didn't give monthly and I also supported other charities that were important to me. But none of them had ever reached out to me personally. Then, one day I received an email from Marci, a philanthropy officer at CAP. She eventually came to visit me and that blew me away. We have had several visits and I always enjoy my time with her. She genuinely loves her work and keeps me up to date on how CAP is transforming the lives of children and the elderly in Appalachia. It means a lot to me that CAP reaches out to let me know that I am helping to make a difference.

I am glad I get to be a donor because sometimes we all just need a little help. I know if I was having a difficult time, I would want someone to help me, to encourage me to keep the faith, to give me hope.

Since starting my visits with Marci, I have also learned about many other opportunities to support CAP including being a volunteer. When I retire in a few years, I plan to volunteer at CAP too. That is what reminds me of my mother. Give financially, but always be willing to do the work. My mother went into nursing to save lives. Service was very important to her. I am glad I get to honor her memory by supporting a charity that was important to her. CAP does important work, and I am glad that I get to be a part of it.

I am glad I get to be a donor because sometimes we all just need a little help.



BY THE NUMBERS

2,280 people received critical, emergency, and family-oriented community service through the Family Advocacy Program.

15,230 transactions recorded at the Grateful Threadz Thrift Store for clothing and other essential items.

4,622 participants served at the Grateful Bread Food Pantry and partner pantry, Water Into Wine.

288 homes repaired and/or rebuilt.

912 low-income or at-risk family members received professional counseling services.

840 children from low-income families attended week-long residential and day summer camps.

3,088 students received in-school curriculum, tutoring, mentoring, and leadership training.

804 at-risk children received educational support through pre-school, infant/toddler, parents are teachers, and after-school programs.

229 participants received home visits, transports, and in-home respite in our Elderly Services Program.

617 children and adults trained in disaster relief preparedness.

1,084 people volunteered their time and talents to the mission of Christian Appalachian Project.

1.5 million individuals impacted by 956 corporate gifts-in-kind donations valued at nearly \$72 million and distributed by CAP's Operation Sharing warehouse to 1,400+ partners in 13 Appalachian states, plus Missouri and Arkansas.

buildUP↑

BuildUP is CAP's one-day service blitz held on the fourth Saturday in October.

65
VOLUNTEERS

520
HOURS OF VOLUNTEER SERVICE

10
HOMES REPAIRED



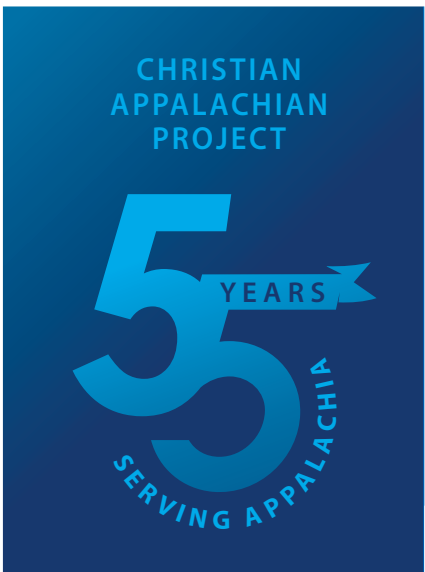
HUNGER WALK

Hunger Walk is CAP's annual event to raise awareness about food insecurity on the third Thursday each September, which is Hunger Awareness Month.

OVER **1,300** WALKERS

OVER **3,500** LBS
OF FOOD COLLECTED





ELDERLY SERVICES



CAP's Operation Sharing warehouse served families in need in Harlan County when the coal mine closed.

Four tractor trailer loads of product valued at over **\$80,000.**

Over 50 employees and volunteers from CAP helped with the distribution, and the Harlan County Black Bears High School Football Team loaded needed essentials into family vehicles.

371 families served
(138 miner families,
233 additional families in need)



VOICE OF **IMPACT**



Mary McNamara

I was introduced to the idea of long-term volunteering while in high school. It was an invitation by Sr. Cheryl Rose to spend three weeks in Eastern Kentucky with Christian Appalachian Project (CAP). I can almost remember every day of those three weeks: volunteering at the Child and Family Development Center, visiting elderly individuals in their home, helping out at a school fair, living with other volunteers, and having nightly prayer. Ministry grew from invitation.

After graduating from college, I knew I wanted a long-term volunteer experience. I chose CAP. The next two years were the richest of my life and I only received \$25 a week. I was a CAP volunteer in Mt. Vernon, Ky. I lived in an incredibly joy-filled and also sometimes challenging community with eight other volunteers. During my service, I journeyed alongside so many families who were homeless and needed shelter. I led prayer and cooked meals and, with the support of my community, was able to really grab

hold of some life-long values of simple living and service. It was in Kentucky that I first heard God's voice: a voice that told me to stay. I became a CAP employee. For the next four years, I was a volunteer coordinator for CAP which involved inviting others around the country to volunteer.

I loved being in the ministry of invitation. I believe there is no shortage of God calling us to service, but sometimes we aren't listening. Or maybe we are afraid of the call. Sometimes, we just need a little help to hear God's voice.

Volunteering has greatly impacted my life. Since my time in Appalachia, volunteering has introduced me to refugees from Eritrea, Congo, and Syria, has taken me to Kenya nine times, has allowed me to be with an older woman as she died.

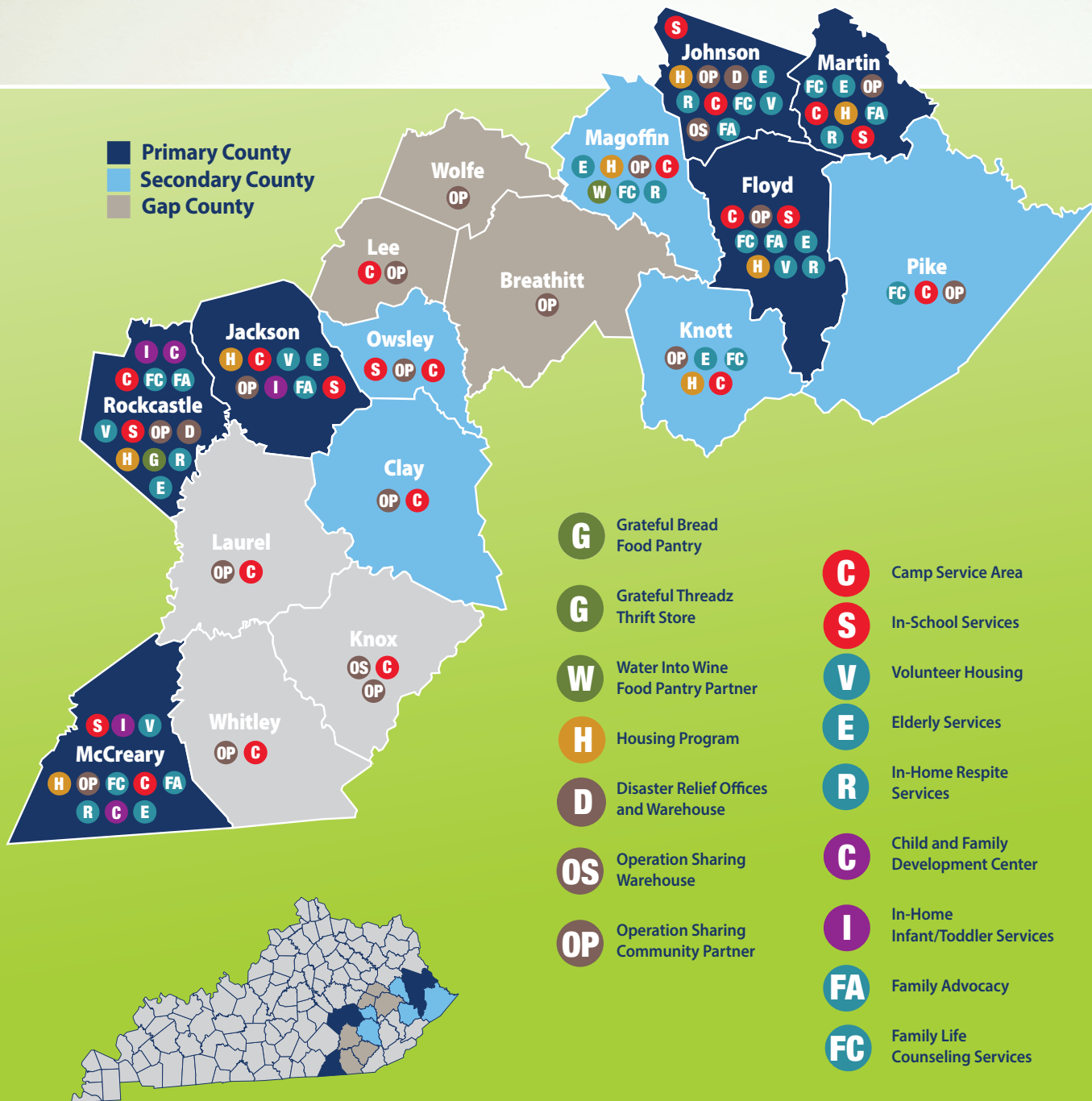
All of these volunteer experiences shape who I am. My work in Cleveland for the past three years is as the director of aging for the City of Cleveland. As I think about my work with older adults, I think back on those early introductions to possible careers. In 1989, I was doing elderly home visitations in Eastern Kentucky with CAP. Barb was a full-time volunteer. I spent the day with her in a very rural county. She dropped me off at an older woman's house to visit and told me she would be back for me in an hour. She handed me a bottle of Vaseline lotion: the kind in the yellow bottle. She told me that the woman I was visiting liked to have her feet rubbed. Can you imagine the courage it took for me as a senior in high school to walk into her house, introduce myself, and put lotion on her feet? I can picture her living room right now. When I got up to leave she said, "Honey, I won't see you again on this earth, but I'll keep an eye out for you in heaven." It was a connection I won't ever forget.

With so much justice work to be done, it is easy to feel overwhelmed or hopeless. I am glad that Christian Appalachia Project continues to build hope, transform lives, and share Christ's love through service in Appalachia.

I loved being in the ministry of invitation. I believe there is no shortage of God calling us to service.

AREA OF SERVICE

13,032 PEOPLE WERE SERVED THROUGH 16 DIRECT HUMAN SERVICE PROGRAMS IN EASTERN KENTUCKY.



WorkFest and YouthFest are CAP's alternative spring break programs for college and high school students respectively.

WorkFest

24
WORKFEST GROUPS

9
YOUTHFEST GROUPS

57
MISSION GROUPS

WORKFEST REPAIRED
18 HOMES

YOUTHFEST REPAIRED
30 HOMES

YouthFest





VOICE OF **IMPACT**



Hannah Thomas

Christian Appalachian Project (CAP) has been a big part of my life for as long as I can remember. The Child and Family Development Center, Grateful Threadz Thrift Store, and Grateful Bread Food Pantry have positively impacted almost every person in my family. However, Camp AJ has had the most substantial impact. My mom, my brother, two aunts, three uncles, and seven cousins have all been able to call Camp AJ home.

My grandmother worked frequently to support her family. Camp AJ was a safe, fun place, but it was also affordable. My family for generations had worked to make ends meet, but every year they managed to send us to camp. My grandmother used to save any coins or bills she could find and place them in a mason jar in the freezer covered with Saran wrap -- just to make sure that no one would mess with money for camp. My mother had the same tradition.

I was seven years old when I first went to camp. My mother had to almost drag me to the front door. I started to cry because I didn't want to leave my mother. I celebrated my eighth birthday that year at camp. Everyone smiled and sang "Happy Birthday." They gave me extra banana pudding as a birthday gift. I had heard that familiar song many times before, but this time I felt

like I was on top of the world. I cried so hard on the last day of camp, the same mother that dragged me to the front door that first day had to drag me right back out on the last day. I continued to come back every summer.

One year, I decided to sing in the talent show. I was nervous and asked my counselor to sing with me. At some point during the performance, she sensed my newfound confidence and sat down to cheer me on. That very night I realized I was meant to be on stage. Now, I have been involved in the theatre arts for over 7 years. As a college freshman I've already been cast in two shows! This love of performing originated from that Camp AJ talent show, when the support of a CAP volunteer first allowed me to do great things.

When I turned 17, I became a junior counselor. When I received the letter inviting me to the Leadership Training Program, I sat in my living room and cried out of joy. Leadership training helped me to see myself as a strong, competent leader whose voice mattered. This past summer I served as a full summer junior counselor. Through CAP's partnership with AmeriCorps, I earned an AmeriCorps education award which has allowed me to keep the costs of my first year of college down.

People always say, "Home is where your heart is." The place you feel most at home is where you thrive. On the last day of camp, I couldn't stop crying because of how much I would miss the place. But I knew I'd be back next summer. Then I cried some more because of how far away a year seemed from then. That's when I realized that home isn't necessarily a place. For me, CAP and Camp AJ will be my safe haven and forever home. They always made me feel loved, and like I mattered. They reminded me that I am worthy, that I am enough, that I can do great things.

When I look back at the moments of struggle in my life, I see the faces of the people who helped me to overcome. I see friends, I see family members, but many of them are also the faces from CAP. I see that little girl that did not want to get out of the car at camp, but just four short days later did not want to leave. I see that pre-teen that was continuously torn down by hurtful words by her loved ones, but built up at camp. I see that young woman that embraced the unknowns that awaited at college. But mostly, I see the confident woman I have grown into. I am grateful for CAP. I am thankful for Camp AJ. Today, I tell myself that I am strong, and that I have made it through!

OUR DONORS

248,217

DONORS CONTRIBUTED
TO CAP IN FY19

87,395

FIRST-TIME DONORS IN FY19

GEOGRAPHIC LOCATIONS OF CAP'S DONORS
ALL **50** U.S. STATES, **7** U.S. TERRITORIES, **3** CANADIAN PROVINCES

TOTAL EXPENSES

85.38% OF FUNDS GO DIRECTLY TO CAP PROGRAMS

11.76%

FAMILY SERVICES

4.79%

MANAGEMENT
AND GENERAL

9.83%

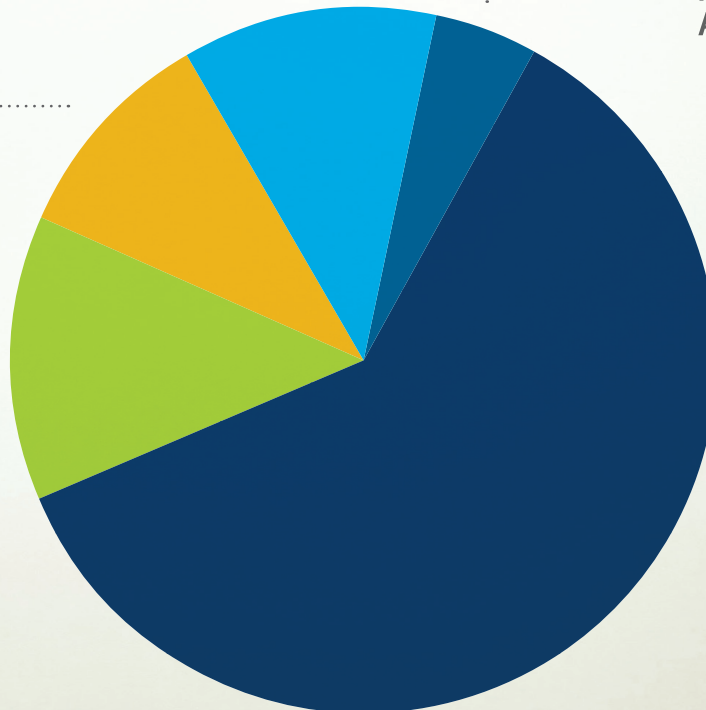
FUND
DEVELOPMENT

12.97%

EDUCATIONAL
SERVICES

60.65%

COMMUNITY
SERVICES



BOARD OF DIRECTORS

Each member of Christian Appalachian Project's Board of Directors contributes significant amounts of time, talent, energy, and insight to ensure we stay focused on our mission of building hope, transforming lives, and sharing Christ's love through service in Appalachia. We are grateful for their service.

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