

We're in it for the long haul... So families can THRIVE!

Mr. Morrison is a single father to his four-year-old son, Hasir, who lives with cerebral palsy. Mr. Morrison was struggling financially while serving as his son's full-time caregiver. That's when a friend referred him to Martha's Table, and he met Ra'Chelle Dennis, our Family Engagement Specialist. Enrolling in THRIVE with Martha's Table made all the difference for Mr. Morrison.

With your bold support, Martha's Table has been leading the way with innovative direct cash assistance programs. Our THRIVE East of the River program, in partnership with four local organizations, supported 590 D.C. families with vital cash assistance and essential resources.

"I felt as though Ra'Chelle tried her best to come through with any resources or outlets that she could," Mr. Morrison remembered. "I couldn't thank her enough. I feel as though she's really trying to extend her hand to make sure I get the best resources and help that I can get."

Did you know that a recent THRIVE report from the Urban Institute found that cash assistance significantly reduces household stress?

"The financial support was able to help me pay my bills and not be so stressed," he remembered with relief. "It allowed me to focus on parenting a little more because when you focus on bills, it's hard for you to be in the best space, emotionally and physically."

(Continued on Page 2...)



"At one point, there was a chance he might not ever walk or talk...I think he exceeded expectations already. He's saying 'daddy' and he's putting a lot of words together."

—Mr. Morrison, THRIVE and Fathers to the Front member

590
families supported with direct cash assistance and family resources

Take Action: You can help more families, like Mr. Morrison's, with direct cash assistance, groceries, baby items, and household essentials.

Make an impactful gift today at
www.marthastable.org/donate

We're in it for the long haul... Because YOU make an impact



You donate critical funds to support D.C. neighbors.



We purchase healthy food from the Capital Area Food Bank and other sources at sustainable prices.



Our health specialists, including a dietitian, prepare menus with nutritious seasonal foods for our markets and our nightly McKenna's Wagon meals.



Neighbors enjoy nutritious meals with fresh fruits, vegetables, and shelf-stable food from our markets or from McKenna's Wagon.



Each day, volunteers help pack 1,000 grocery bags for our markets and prepare delicious meals for our nightly McKenna's Wagon program.

372,447
meals distributed through our markets

33,861
meals served through McKenna's Wagon

2,577
volunteer hours supported our food access programs

January - March 2022

We need help from caring people like you to provide 500 more families with direct cash assistance over the next five years. Your gift provides hope for bright days ahead for families like Mr. Morrison's.



So our families can THRIVE...continued

“Mr. Morrison has truly given me hope and continued drive,” Ra’Chelle shared.

With Martha’s Table in his corner, Mr. Morrison is also proud to be an advocate for other parents walking similar paths. Through his Youtube page, “Hasir Hero,” he aims to bring awareness to the day-to-day realities, triumphs and experiences of being a single father who is the primary caregiver of a child with special needs.

“In the last year, I became a single father raising a child with disabilities,” he shared. **“I want to bring light to others who are in a similar situation and give an example of how I manage Hasir...bring a witness to how much he’s overcome, how much he’s pushing!”**

Mr. Morrison also joined our Fathers to the Front program this year. Fathers to the Front is a supportive space for male caregivers to come together, share their stories, and uplift one another.

For Mr. Morrison, a big source of strength comes directly from Hasir’s resilient attitude. **“He never gives up,”** Mr. Morrison marveled. **“He’s always trying to do something. Even when I stand him up and he falls...he gets right back up.”**

Neighbors like Mr. Morrison and Hasir inspire us at Martha’s Table every single day and remind us why our work is so important. Thank you for helping families like Mr. Morrison’s thrive!



We’re in it for the long haul... Supporting D.C. neighborhoods

Every year, Martha’s Table volunteers and neighbors come together to celebrate the legacy of Dr. Martin Luther King Jr. with meaningful community projects. In 2022, we are going ALL IN for our community, including with an expanded MLK day of service. This year, we brought a team of volunteers together for a **special grocery distribution, clothing drive, and revitalization of nearby community spaces**.

Bringing warmth and joy to our neighbors,

Martha’s Table volunteers transformed community spaces at Washington Highlands and Cedar Heights Community Centers into welcoming hubs for children and families to enjoy for years to come!



Take Action: You can reduce hunger in D.C. from your own home by making delicious sandwiches or trail mix for McKenna’s Wagon.

Sign up to make a difference
www.marthastable.org/sandwiches

Take Action: Packing bags of nutritious groceries, filling clothing orders, or preparing fresh meals...your service as a volunteer makes an impact!

Sign up to give back
www.marthastable.org/volunteer

We’re in it for the long haul... Planting seeds of joy

Food and nutrition are at the heart of Martha’s Table. The beautiful transformation of our community garden shows how healthy food also builds community ties.

In 2021, our Outreach and Engagement Manager, Erica Lonesome, partnered with Love and Carrots to transform land at our headquarters into a vibrant garden. Stepping into our garden, you are now greeted by lucious plants and striking views of our city.

“It’s a beautiful thing to see where your food comes from and get to connect with it,” the Love and Carrots team shared. **“It’s an opportunity to learn more about the time and energy it takes for food to come to the table.”**

Our garden is designed as a space for our community to come together, learn about healthy food and home gardening, and nurture new growth. One of the greatest joys has been seeing our young children learning in the garden. As the weather warms, our young learners love to visit the Little Library in the garden and have story time.

“Children visiting the garden learn where food comes from, how food grows, and the science behind gardening,” Erica explained. **“They’ll even get to learn about photosynthesis and the impact of climate change on plants growing!”**

Thank you for helping bring our young learners and D.C. community together around the joys of healthy food.

“One of the times we were there, there was a big group of kids around a bed, and they all immediately dug their hands in the soil. The tactile part of gardening is really joyful for kids. It’s nice to see that!”

—Love and Carrots Team



Come volunteer with us at our headquarters and you can stop by our garden! We are growing 17 herb varieties, strawberries, raspberries, native flowers, and more!



“I was able to transition from a volunteer to a full-time classroom staff member at Martha’s Table, and I enrolled my son in the early childhood education program.”

—Shernice, Martha’s Table Teacher

300

women will be supported on their career paths with scholarships, child care and transportation stipends, and more!

We’re in it for the long haul...Inspiring future educators

With your help, we launched a new partnership to support **300 women pursuing careers in early education**. One of our teachers, Shernice, knows firsthand the impact of partnerships that break down barriers.

Shernice first visited Martha’s Table classrooms as a volunteer in high school.

“This deep passion in me was inspired by my adoptive mother,” Shernice reflected. **“She was the director of an after-school program in the District, and you could always feel the love she had for her job and her students.”**

After welcoming a beautiful baby boy of her own, Shernice knew she wanted to return to college and finish her teaching degree. But juggling classwork, child care, and tuition payments wasn’t easy.

She found support and a career path at Martha’s Table. She enrolled her son in our early education program, earned an income as a classroom staff member, and continued her education through our partnership with Trinity Washington University.

“I re-enrolled at Trinity Washington University with the help of Martha’s Table,” she shared. **“I got on-the-job educational credit, which removed a big barrier for me. I had a support system that ensured I was set every step of the way.”**

Passionate, quality teachers are essential for a strong, thriving Washington, D.C.

Your commitment to Martha’s Table helps support the wonderful teachers and children in our early childhood education program.

Inspiring future educators...continued

Shernice knows the impact teachers have in early learning classrooms. She shared, **“Our programming is nationally accredited. We have a curriculum, guidelines, and routines that help our children seamlessly transition into the pre-kindergarten setting. We’re committed to our kids!”**

With our new career pathway partnership, we will support 300 women like Shernice in their teaching careers! With your support, women will receive access to scholarships, stipends for child care and transportation, and the full suite of Martha’s Table programming while furthering their education. They will also have the opportunity to complete hands-on hours in our classrooms, participate in financial coaching with LIFT-DC, and receive academic and exam tutoring.

This program removes barriers and forges new pathways for current and aspiring early education professionals to earn their credentials and advance their careers.

We are grateful to American University, Trinity Washington University, LIFT-DC, Venture Philanthropy Partners +Raise DC, JPMorgan Chase, and the Urban Institute for their partnership on this initiative.

For moms like Shernice, this program will provide opportunities to turn professional dreams into reality! **“I am proud to say that I’m living my passion! It’s exciting to know that other mothers will have the opportunity to pursue their passion for early childhood education as well through this amazing partnership”** Shernice celebrated.

We’re proud of the hard work our teachers put in every single day to help our young learners thrive. Your support helps keep our teachers and classrooms STRONG!



Did you know that your gift today could help fund a \$1,000 child savings account for a young learner in our early education program?

Children with just \$499 in school savings are **4x** more likely to graduate college

Take Action: Join our group of 430+ monthly Apple Corps supporters today and help fill D.C. dinner tables with fresh, healthy meals 365 days a year.

Make an impact year-round
marthstable.org/monthly

Martha’s Table Trivia

How many sandwiches does McKenna’s Wagon serve each night to our neighbors experiencing hunger and housing instability in downtown Washington, D.C.?

A. 100

B. 500

C. 1,000

D. 2,000

Visit www.marthstable.org/trivia by June 17, 2022 to enter for your chance to win an official Martha’s Table apron!

Board of Directors

Ellis B. Carr, Chair

Ken Bacon, Vice-Chair

David Pensky, Vice-Chair

Michael Bartscherer, Secretary

David Roodberg, Treasurer

Camille Giraud Akeju

Renata Claros

Monica Dixon

Candice Hines, R.N.

Dr. Cheryl Holcomb-McCoy

Keith Mestrich

James H. Moore, Jr., Ph.D.

Joan Nathan

Chris Niemczewski

Laurie Wingate

Senior Team

Charisse Bazin Ash, Deputy Chief Talent Officer

Rae Davidson, Co-Interim President & CEO, Chief Development Officer

Celine N. Fejeran, Co-Interim President & CEO, Chief of Staff

Julian Gamez, Chief Financial Officer

Douglas Ireland, Deputy Chief Program Officer

David B. Lloyd, Deputy Chief of Programs, Economic Mobility

Johanna Williams, Deputy Chief of Staff

Tiffany Williams, Co-Interim President & CEO, Chief Program Officer

The Commons

2375 Elvans Road SE
Washington, DC 20020

The Maycroft

1474 Columbia Road NW
Washington, DC 20009

Martha’s Outfitters

2204 Martin Luther King Jr Ave SE
Washington, DC 20020

202-846-1043
info@marthstable.org
www.marthstable.org

Please send all monetary gifts to our PO Box:
PO Box 70970
Washington, DC 20024