

A New Space for DC Teens to Unwind

Welcome to the ultimate hangout destination for teens! This past summer, Martha's Table enhanced its commitment to older youth by creating the Teen Lounge, complete with programming five days a week.

Intentionally designed to be a vibrant and welcoming space, our new Teen Lounge invites young people to gather, unwind, and have fun with activities that include healing-centered sessions, movies, and video game tournaments, providing a place where teens can practice self-care and even work on their resumes.

"I'd describe the teen lounge as a nice getaway," shared Yusrah, who heard about our Tuesday Teen Art Hours on social media. **"When you step in the room, you instantly feel that welcoming energy, from the cozy seats to the vibrant LED lights. My favorite thing is just being able to have a place to relax and get together with people!"**



Check out some of the art our Martha's Table youth created this summer in the Teen Lounge!

TEEN Lounge WEEKLY SCHEDULE



Monday

Board Games with Friends



Tuesday

Teen Art Hour with Anna



Wednesday

Resume Writing Workshop



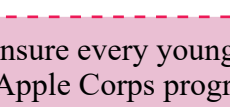
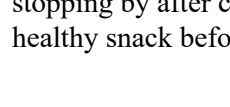
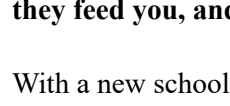
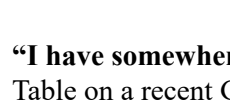
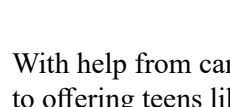
Thursday

Video Game Tournament



Friday

Movie Night



With help from caring supporters like you, Martha's Table is committed to offering teens like Kimarie a safe and joyful place to unwind together.

"I have somewhere to go," shared Kimarie, who first joined Martha's Table on a recent Global Passport trip to Atlanta. **"They have games, they feed you, and I met a lot of new people!"**

With a new school year underway, we look forward to even more students stopping by after classes for homework help, time with friends, and a healthy snack before heading home!

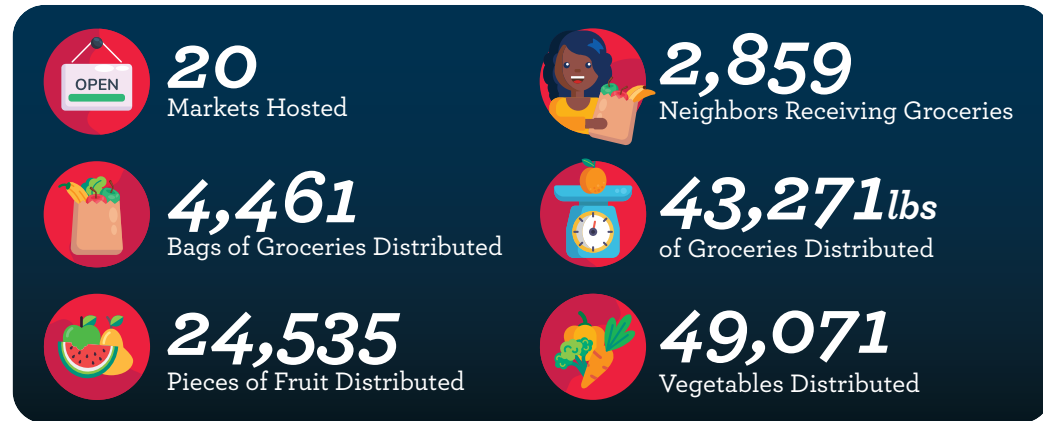
Take Action: Your generous support helps us ensure every young person in our community has a safe and fun place to unwind and grow. Join the Martha's Table Apple Corps program by setting up a monthly gift today. You'll join over 350 committed supporters who ensure DC youth are supported all year round!

www.marthastable.org/monthly



Summer Markets by the Numbers

While school was out, Martha's Table was hard at work hosting special summer markets to make sure **all children and families in our community had access to the healthy groceries** they needed to stay strong.
What did your generous support help provide?



Take Action: Martha's Table's annual Winter Coat Giveaway is coming up! When you give a gift of \$30 or more, you can help a DC neighbor stay warm and cozy during the cold winter months. Will you help us distribute cold weather gear to over 3,000 DC neighbors this fall?
Give today at www.marthastable.org/2024-wcg

Our Annual Winter Coat Giveaway is Just Around the Corner!



Last year, your generous support helped Martha's Table distribute **3,000 brand new winter coats** to help our neighbors stay warm and cozy.

This year, we're back on October 26th to share warmth and joy with our DC community.
But we need your help!

Every gift of just **\$30** or more helps us provide a new winter coat to a child or family member!

Will you help us raise \$90,000 this fall to ensure EVERY Washingtonian has what they need to stay warm this winter?

Purpose Purses: A New Beginning

Where do you start when you have to start over? Martha's Table is stepping up to support re-entry for women who were formerly incarcerated in DC, and ensure they have the resources they need to continue their journey forward.

Purpose Purses is a special program created to help women who are returning citizens as they're starting over in DC. Maria Johnson, a community leader at Martha's Table, started the program to support these women when they graduate from the DC READY Center.



"It has been amazing to see these women light up when they receive a Purpose Purse," Maria shared. **"There is not a whole lot of support and resources given to women like there are for men, and it's important that we say to these women 'we see you and the progress you are making!'"**

Each woman gets a gently pre-owned handbag filled with important items like lipstick, a comb, lotion, toothpaste, and interview materials. The handbags also have handwritten notes with positive messages to make the women feel confident and supported.

"The handwritten affirmations make a huge difference for these women," Maria emphasized with a smile. **"They see this note that someone took the time to write and say to themselves 'You know what? I can do this and I see that someone cares and is rooting for me.'"**

Purpose Purses is more than just a program; it offers meaningful support by helping women feel valued and encouraged as they begin new chapters in their lives and work to secure stable futures.

"Trust me, when you see these women light up, you will want to be a part of it!"

—Maria Johnson, Martha's Table Community Activator

Take Action: Martha's Outfitter's is now accepting donations of new and gently used purses and handbags to support our Purpose Purses program. Don't have a purse to donate? Your donation of just \$25 today can help sponsor a new beginning for DC women!



Join us on Sunday, October 6th to celebrate the **POWER, PURPOSE, and POSSIBILITY** of our DC community.

This year's Annual Benefit, co-chaired by **Ken Bacon** and **Marcella Jones**, will honor media pioneer, entrepreneur, & philanthropist **Cathy Hughes**, alongside wellness professional and founder of WeFitDC, **Joe Houston Jr.**

Tickets on sale now!
www.marthastable.org/mtab



Take Action: Don't miss your chance to join Martha's Table as we celebrate a year of impact at this year's 2024 Martha's Table Annual Benefit. Get your tickets now to enjoy a night of inspiring testimonials, specialty food and beverage pairings, exciting entertainment, and so much more!

Learn more at www.marthastable.org/mtab

Join Martha's Table's Maz Legacy Circle Today!

A tribute to our co-founder, Dr. Veronica Maz, this circle represents a special group of supporters who extend their generosity through wills and estate planning.

How Will You Be Remembered?

Martha's Table has partnered with FreeWill to help our community make their will online at zero cost. If you are 70 1/2 or older, you can transfer funds directly from your Individual Retirement Account (IRA) and pay no taxes. It's a great way to use some or all of your required minimum distribution and reduce your tax bill.

This information is not intended to serve as legal or tax advice. Prospective donors are encouraged to consult with an attorney, financial advisor, or other professional for such guidance.



Scan here to make your will for free today!



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