

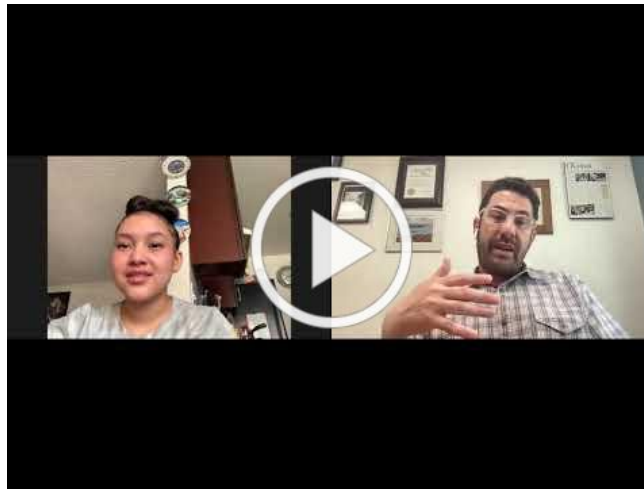
# FRIENDS IN DEED \*



Happy Friday!

Rabbi Joshua is visiting with family this week, and he has asked me to fill in for him on this week's Friday message.

With a background working in schools, I have a soft spot for students and their interest in philanthropic work. I was delighted that Rabbi Joshua was able to sit-down with Emily, a local 10th grader at Pasadena High School, to teach about our work in the Pasadena area and all the different services we provide. Emily's pointed interview questions were insightful, so I thought we should share for those interested in learning more about Friends In Deed:



Friends In Deed was also reached out to by another local teen, Lulu, who wanted to make a difference as the school year was coming to an end. Lulu wanted to work with The Women's Room in an especially thoughtful way, making sure guests had the specific supplies they needed. This is even more important as we gear up for summer, with hot weather arriving as early as next week. Thanks to Lulu (and mom, Heidi) for this proactive volunteer work, we are very grateful.



These teens are a reminder that you are never too young to make a difference in your local community. We often have local scout troops, schools, youth groups, and tons of other young people involved in our efforts. If you know a student that is looking for volunteer opportunities, consider sharing these summertime ideas with them:

- Organize a food drive ([especially including our "gold items"](#)) for our Food Pantry
- Host a fundraiser, [donating proceeds](#) to Friends In Deed
- Put together hygiene and other supplies through The Women's Room (email [TWRassociate@friendsindeedpas.org](mailto:TWRassociate@friendsindeedpas.org))
- Collect school supplies to deliver to our FID Food Pantry as we gear up for our annual Back-to-School event (more information coming next week!)

As schools are wrapping up, we wish you and your families happy, healthy, and rejuvenating summer breaks! Many thanks for your continued support of Friends In Deed and helping in \*doing together what we cannot do alone.

Warmly,

Merria Velasco  
Director of Development



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## Friends In Deed

*is committed to fostering, cultivating, and preserving a culture of diversity, equity and inclusion. We embrace and celebrate the*

*spectrum of our employees', volunteers', and clients' ages, color, ability or disability, ethnicity, family or marital status, gender identity or expression, language, national origin, physical and mental ability, political affiliation, race, religion, sexual orientation, socio-economic status, veteran status, neurodiversity, and other characteristics that make our employees, volunteers, and clients unique.*

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We can only operate with your help!

DONATE

LEARN ABOUT PLANNED GIVING



## **FEED THE HUNGRY!**

### **The Saint Vincent de Paul Food Drive**



The Society of St. Vincent de Paul, Assumption-BVM Conference is happy to announce that we will be sponsoring a Food Drive in support of *Friends In Deed*, in the month of June. Your support is critical and will assist to offset the recent increasing demand for food services in the Pasadena area.

#### **WE NEED YOU TO LEND A HAND!**

St. Vincent de Paul, here at Assumption Church has recently assisted Friends In Deed by providing food donations for their re-opening. Because of this, we understand their underlying need for additional food. Covid-19 has stressed the limits of charitable support at *Friends In Deed*, as well as other food pantries in our area. **WE CAN HELP!**

#### **MOVING AWAY FROM COVID-19, IT'S TIME TO BE INVOLVED AGAIN!**

And it's simple. Here's what you do:

1. Prep a food bag, or whatever you can contribute...even a few cans or boxes of rice will help (soups, canned tuna, peanut butter, rice, coffee, sugar, and flour are good; think non-perishable and make it convenient on yourself).
2. Come out this Saturday, JUNE 19th, from 11:00am to 2:00pm.
3. Drive to the North Parking Lot of Assumption Church, located on the corner of N. Sierra Madre Blvd. & E. Orange Grove Blvd. in Pasadena.
4. Remain in your car, or practice social distancing if you exit, as we will do the same... please wear a mask.
5. Drive through... Drop off.

THAT'S IT!!! Congratulations! You have just contributed to feeding 350 families/700 individuals for several weeks!

**DATE:** SATURDAY, JUNE 19<sup>th</sup>  
**TIME:** 10:00am to 12:30pm  
**PLACE:** North Parking Lot, Assumption of the Blessed Virgin Mary Church  
Corner of N Sierra Madre Blvd & E Orange Grove Blvd

*During this crisis we all look for ways to support our neighbors who are needy. Providing food is a convenient way to be involved. Food is the bare essential, and feeding those who are hungry immediately eliminates fear and provides hope. Victory over poverty is through our Faith and Works. Contribute and feel joyful!*



# COVID-19 VACCINE INFORMATION SHEET

## Frequently Asked Questions

**Q: Does the vaccine have the virus in it?**

**A:** No, the COVID vaccine does not contain the virus.

**Q: Will the vaccine change my DNA?**

**A:** No - the COVID vaccine assists your body with making antibodies, which will help fight off COVID!

**Q: What are the side effects of the vaccine?**

**A:** Millions of people have been vaccinated for COVID worldwide. Some people will feel arm soreness and cold/flu symptoms after getting the vaccine. Fewer than five in a million people will have a severe allergic reaction. We are still learning about long-term vaccine effects.



## Benefits of Getting the Vaccine

Vaccines have helped put an end to many deadly diseases, including polio and smallpox. Receiving the vaccine can help decrease and slow the spread of COVID-19.



You will protect yourself from getting sick with COVID-19 because you will have antibodies to fight the virus.

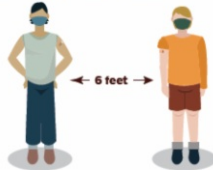


You will protect your friends and family and be less likely to spread the virus.



You will protect our community!

## What Happens After I Get the Vaccine?



Continue to wear a mask, social distance, and get tested for COVID during the pandemic.



Share your vaccine story with your friends and family! Tell them WHY you chose to get vaccinated.

February 2021

Friends In Deed is proud to partner with LA County Department of Health Services to host a COVID-19 vaccine clinic on-site at FID House (444 E. Washington Blvd., Pasadena, CA 91104) between 10am and 1:30pm on Wednesday, June 16th for our clients!



Former TWR guests Elsa and her mother donated twenty pairs of new shoes to The Women's Room! Three generations of this family came together to spread love, hope, and give back to their community. We can all do things to pay it forward and share compassion with those around us.



Mario and Michell from Grocery Outlet Altadena have been incredible supporters of Friends In Deed over the years. They will be moving soon, so Tim, Director of The Food Pantry, stopped by with a small token of our appreciation, signed by our staff and volunteers. We commend their dedication to FID and our programs in the local community and wish them all the best. Thank you Mario and Michell!



Admin assistant Eva braved the unseasonably cool weather to give out yard signs on Monday! Thank you to all of you who are spreading the word about Friends In Deed by displaying these signs! If you still don't have a sign and would like one, let us know and we will find a way of getting one to you.

A graphic featuring a rainbow with wavy, layered edges. The colors from top to bottom are red, orange, yellow, green, blue, and purple. The word "PRIDE" is written in large, white, sans-serif capital letters across the center. Below it, the phrase "LOVE IS LOVE" is written in smaller, white, sans-serif capital letters.

PRIDE  
LOVE IS LOVE

Friends In Deed celebrates Pride Month!