



## COVID-19 UPDATE

Dear IHF Supporters,

We hope you are all remaining safe during this stressful time. In these uncertain times, we want to take a moment to salute all the healthcare professionals on the front lines in the fight against COVID-19. Social distancing, if taken seriously, can and will save lives. Out of respect for the general public, our elders, and ourselves, we will not be promoting or hosting any events for the remainder of the year. We are working tirelessly to ensure that communities who need our assistance are taken care of.

**I-Help Foundation  
needs your support now more than ever.**

Many of the communities we serve are preparing for deeply troubling times; some will lose their only source of income as businesses close daily, while also facing daunting medical bills if they contract the virus. Our community partners will need our support more than ever.

**Here are a few ways you can help:**

- Make a significant one-time, monthly, quarterly or yearly donation to ensure that we continue the benevolent work in the community served.
- Mail gift cards to local grocery stores (Target, Trader Joe's, Costco, Sam's Club, Food4Less and more) for us to gift families especially in need. I-Help Foundation – 335 East Albertoni Street #200-444 Carson, Ca. 90746.
- Call your elected member of congress to ensure that funding is not cut to Nonprofits that provide community and emergency resources to families desperately in need.

We are anxiously awaiting the return to business as usual to continue to work with the most vulnerable, including children and teens in our community but, **we need your help to get there.**

**Please make a gift today to support communities with children and families in need during this disaster.**