

In Their Own Words: How Your Gifts Relieve Hunger

She's a 31-year-old single mother living in Paterson with her four children and her elderly mother. She supports the family with her job as a Dunkin' barista. She's also a nursing student.

At least once a month, I don't have enough money to buy food. It's so bad this year. Everything went up. You can't buy as much as you used to with \$20.

I have about \$100 a week to spend on food for the family. I buy the cheapest food we can get.

When I don't have enough money for food, I first go through the cupboards. I cook pasta or Ramen noodles for the kids. Sometimes I'm still hungry, and sometimes the kids are still hungry. That is just how it is.

When there's really nothing left, I come here to Oasis. Sometimes friends or people at my work will give me food, and I'm so, so grateful.

I've been coming to Oasis for breakfast and lunch with the kids this summer. And I get Oasis food bags, sometimes every two weeks. Oasis really helps. The food goes a long way. There's peanut butter and jelly for the kids, vegetables, rice, and pasta. It gets us through.

I rely on Oasis today. But not forever. When I become a nurse, I'll rely on myself.



At 63 years old, she left her job as a home health aide to become the full-time caretaker for her adult son, who suffered a paralyzing stroke two years ago. They live on her social security and his disability benefits.

I usually run out of food money around the middle of the month. I call my daughter then and ask if I can borrow money. But I can't call her too often—she has her own kids, and she struggles. I don't have any other family.

My son is eating more lately and he gets angry when we don't have food. The doctor says it's due to the medication he's taking. It's not easy taking care of someone.

It's worse this year than ever with the prices. Sometimes, I cut out my own food and give it to him. He's my son.

I take the bus here every morning for breakfast. This is a beautiful place, and I'm comfortable here. Oasis gives me food bags every month. That way, I don't have to cut down my own eating so much for my son.

I really love this place.

YOUR GIFTS PUT
FOOD ON THE TABLE
FOR A FAMILY IN NEED.
YOU MAKE A DIFFERENCE.

A mom, and three of her four children, eat lunch at Oasis. (Story on left.)

A Message from Executive Director Jennifer Brady

Dear Friend,

In this newsletter, we share some painful stories of women and children facing immense hardships: Hunger, violence, and unmet needs.

These stories are a powerful reminder of the profound impact your donations have. As difficult as these stories are, I hope they help you see the vital role you play in alleviating suffering and transforming lives.

This newsletter is focused on the basic needs and social services you provide. Your support means there is a social work team of four onsite every weekday to assist women and children in crisis.

Your support means a hot breakfast and lunch is available for the hungry every weekday, and Oasis staff is onsite to offer a hungry family an emergency grocery bag or baby formula.

Your gifts provide the most basic human needs to families who are literally struggling to survive.

Thank you for making these happy endings possible.

In gratitude,



Jennifer Brady
Executive Director

The Gift of Sound: You Changed Maria's Life Forever



Jessica Abreu, Oasis School #2 Coordinator, with Maria, wearing her new hearing aids provided by donors like you.

Maria is a young mother who has experienced life-long hearing problems. She lost most of her hearing as a child when her father's violent blow, intended for her mother, struck her head. Later, an untreated illness left her completely deaf in one ear.

Severely hearing impaired, Maria had trouble communicating with her only child, a young daughter. "Mama," her child would say, "you don't love me. You can't even hear me."

At thirty-three, she depended entirely on her abusive partner, who continually insulted and mocked her because of her deafness.

Believing that learning English could be her first step towards a better life, Maria joined an Oasis English as a Second Language class.

But her deafness held her back. Jessica Abreu, an Oasis staff member, took notice of Maria's silent struggle. Ms. Abreu found a group of donors who purchased hearing aids for Maria.

"She came into my office the other day wearing her hearing aids," says Ms. Abreu. "And she said to me, 'Mrs. Jessica, I just came by to hear your voice. Through tears, we celebrated this gift from Oasis donors.'"

Oasis donors like you made this possible. Your support has provided Maria with Oasis ESL classes, the support of Oasis' caring staff, and the gift of hearing aids.

Maria's life and her daughter's life are forever changed.

Thank you for giving this woman the gift of hearing.

After Ten Years of Violence: You Helped a Mother Pick Up the Pieces

Cherice is a 45-year-old mother with two children. Over ten years, her partner abused her violently. He didn't allow her to work or even leave the house, jealous she'd meet other men. He'd lock the door from the outside when he left in the morning.

Cherice endured the abuse, never crying out when he attacked for the children's sake.

Four months ago, she managed to secure a job secretly. When he learned of her plans, he violently abused her, using a weapon. This time, convinced her life was threatened, she screamed. The neighbors called the police. They arrived, broke down the door, and arrested the abuser. He was given a three-year jail term.

Free now, but with no support and no way to move forward, Cherise found Oasis.

Because you support Oasis, Cherise has received the help she needs to put her life, and her children's lives, on track.



Because of your support, Oasis social workers can help women who've survived domestic abuse find safety and rebuild their lives. (We always maintain the privacy of families who've suffered domestic violence.)

Here's what Oasis social workers have done for Cherise and her children over the past four months—because of your support:

- Provided her with counseling, group support, and healing care through the Oasis domestic violence support program
- Helped her re-apply for and retrieve personal documents that her abuser had stolen (and likely sold). These include her driver's license, social security cards, birth certificates, and passports of her and the children.
- Helped her get started in the job she had secured, which precipitated the final violent act.
- Helped her collect victim's compensation from the Prosecutor's office, including two months of rent.
- Helped her find and move into an apartment and apply for future rental assistance.
- Helped her secure food stamps and health insurance for the children.
- Helped her move her young son to a school closer to her workplace so she could better manage their schedules.

Through Oasis social workers, and through the Oasis Domestic Violence Support program, you've been there every day for Cherise and her children, providing love and support, as they forge a better life.

It's impossible to express how important your gifts are to women and children who suffer domestic violence.

Thank you for your support.

Raising Grandchildren Will You Help?



A growing number of grandparents have sole responsibility for their grandchildren. You can lift the burden on low-income families by offering food bags and other kinds of assistance at Oasis.

It could happen to anyone.

You raised your children and retired.

Then, your daughter's marriage fails: Her husband abandons her. She's left with three children, ages 10, 12, and 13. The eldest child has autism.

And then, your daughter, a mother, walks away. She falls into alcohol and drugs. She leaves the children in your care.

At 75 years of age, you and your husband, retired and shouldering your own financial pressures, become responsible for raising three young grandchildren, one of whom is disabled.

This is what happened to Martina and her husband, longtime Paterson residents. They are now doing the painstaking work of raising three young children under terrible financial pressure.

YES, I'll help low-income grandparents care for their grandchildren with hot meals, food bags, clothing, and more. I'll support all the services Oasis provides to women and children in need.

\$30

\$75

\$150

\$500

\$1,000

My best gift: _____

Please use this QR code or give securely at oasisnj.org/fall. To give with a check, please use the enclosed envelope.

Thank you for your generosity.

3 Smart Giving Tips!

Smart tip #1

You can leave a legacy and change the future by giving a gift in your will or a charitable gift annuity.

Smart tip #2

Naming Oasis as a beneficiary for part of your IRA or 401(K) is a smart way to give because it avoids paying income taxes on this money.

Smart tip #3

Giving appreciated assets like stocks and real estate can create a double tax benefit: Tax deduction + Avoidance of capital gains tax.

On the recommendation of their parish priest, they are now seeking help from Oasis.

They need support to keep the children fed. They need social workers to help them navigate care and schooling for the children, especially for their grandson with autism. They need coats for the children this winter and gifts for them at the holidays.

Will you offer Martina, her husband, and her grandchildren this support?

Your gift to Oasis will help this family overcome a tragedy. A tragedy that no one is prepared for. A tragedy that could happen to any of us.

Please give today.

