

# Giving Back

FARRAGUTPRESS WEDNESDAY, NOVEMBER 27, 2024 • 1C

## The Reason for the Season

*farragutpress is shining a Thanksgiving-week spotlight on charitable organizations.*

**Our prayers and hopes are that you will take the time to read the various profiles of these organizations and reflect on their needs — and respond to one or more, either with a monetary donation and/or volunteering your services in some capacity.**

**After all, it's the Thanksgiving season — such giving would be a demonstration of thankfulness: "I have been given so much, I feel a need to give something back." Each organization's profile includes various ways to contact: in most cases by phone, website or e-mail.**

### Alzheimer's Tennessee

Knoxville office, 5801 Kingston Pike, Knoxville, TN, 37919  
East Tennessee Office number is 865-544-6288; 24/7 helpline is  
1-800-259-4283; toll-free hotline is 1-888-326-9888; visit  
[www.alztennessee.org](http://www.alztennessee.org)

Mission: "To serve those facing Alzheimer's disease and related dementias; to promote brain health through education; and to champion global research, prevention and treatment efforts.



"Alzheimer's Tennessee, Inc. provides family support, offers community and professional education, advocates for the needs and rights of those with Alzheimer's disease and related dementias, as well as research for its prevention, cure and treatment."

Among its outreach efforts are Caring & Coping caregiver workshops, which are "designed by Alzheimer's Tennessee, Inc. to help the community better care for those with Alzheimer's disease. Plus, participants learn skills and strategies to cope with the challenges of caregiving for dementia. Sessions feature various keynote speakers who are nationally-renowned and/or local experts in the field.

"These day-long educational events provide valuable and practical training for family care partners, volunteers and professional care providers who deal with Alzheimer's disease and other forms of dementia."

To donate, on the website page, [www.alztennessee.org](http://www.alztennessee.org), click the Give heading at the top, then click the Donate Now button.

To volunteer, call 865-544-6288 or visit the web page, [www.alztennessee.org](http://www.alztennessee.org), and click on the Volunteer heading near the top of the page, then click the Become a Volunteer heading. "Volunteers help with community outreach, assist with support groups and serve on committees essential to our mission."

### American Cancer Society

For basic cancer information, visit [www.cancer.org](http://www.cancer.org), click on the Stay Healthy heading at the top and find the heading, "Cancer Facts: Prevention and Screening." Or click on the Cancer A-Z heading at the top of the Home page. Or call 800-227-2345.



Go to [donate.cancer.org](http://donate.cancer.org) and read the various ways to donate, then click the red Donate button at the top to make an online contribution.

Go to [www.cancer.org](http://www.cancer.org), scroll down to Volunteer and Fundraise heading, then look for the Volunteer Opportunities subhead and click. Or on the Home page, click Get Involved at the top.

Mission: "The American Cancer Society is a nationwide voluntary health organization dedicated to eliminating cancer. Established in 1913, the society is organized into six geographical regions of both medical and lay volunteers operating in more than 250 Regional offices throughout the United States."

"The year 2024 marks the 53rd anniversary of the National Cancer Act of 1971, which designated defeating cancer as a national priority.

"... The new analysis, appearing in ... JAMA Oncology, found that as of 2019 mortality rates for all cancers combined dropped by 27 percent since 1971 and by 32 percent since 1991, when mortality rates were highest. Mortality rates have dropped since 1971 for 12 of 15 investigated cancer sites, including by as much as 70 percent for cervical and stomach cancer."

### American Red Cross - East Tennessee Region

6921 Middlebrook Pike, Knoxville, TN 37909

To donate, or for more information, call 865-584-2999 or 1-800-733-2767 24 hours/seven days a week or visit [redcross.org/local/tennessee](http://redcross.org/local/tennessee)



Mission: the Tennessee Region of the American Red Cross serves all 95 counties in Tennessee. We are dedicated to helping victims of disaster and providing programs and services that help our community prevent, prepare for, and respond to emergencies.

The Tennessee Region — part of a nationwide network of locally supported chapters — is comprised of the following eight Red Cross chapters: East Tennessee, Heart of Tennessee, Mid-South, Mid-West Tennessee, Nashville Area, Southeast Tennessee, Northeast Tennessee and Tennessee River.

Programs include Be Red Cross Ready, a national ARC Emergency Preparedness Program, is a standardized preparedness education program for adults taught by a certified presenter. The curriculum is designed to help people understand, prepare for, and respond appropriately to year-round disasters like home fires and local hazards like tornadoes.

In the ARC 30-minute Hands-Only CPR program, participants learn how to check for consciousness, call 911 (or the local emergency number), and give continuous chest compressions. Having more citizen bystanders trained in this simple skill can help save lives by putting more cardiac arrest victims within a few steps of lifesaving assistance. CPR training certification is not provided through this course.

### Big Brothers Big Sisters of East Tennessee

1100 Marion St., Knoxville, 37921

Visit [www.tennesseebig.org](http://www.tennesseebig.org) or call 865-523-2179

To donate, go to the website, [www.tennesseebig.org](http://www.tennesseebig.org), or call 865-523-2179.

To volunteer, go to Home page and click the Get Involved box at the top.

Mission: "To create and professionally support one-to-one mentoring relationships that ignite the power and promise of East Tennessee youth.

"Our vision is that all children achieve their full potential."

"Big Brothers Big Sisters of East Tennessee has been transforming the lives of children since 1970. We are a member agency of the oldest and largest youth mentoring organization in the United States, consisting of more than 350 agencies nationwide.



"... Mentoring works — and the statistics back it up. (Youth) involved in our program are more likely to: achieve the avoidance of risky behavior by 97 percent, achieve socio-emotional competencies by 94 percent and achieve educational success by 88 percent."

Mentoring is important because, according to a Big Sister, "Not only would you be helping a young adult better prepare for the future and help him/her increase their chance of future success, you get the opportunity to show them they are valued and important."

### Boys & Girls Clubs of the Tennessee Valley

For more information, call 865-232-1200, visit [bgctnv.org](http://bgctnv.org) or e-mail [info@bgctnv.org](mailto:info@bgctnv.org).



"At Boys & Girls Clubs of the Tennessee Valley, our mission is to change lives—and we can prove it. Our after-school and summer programs offer kids and teens the chance to explore their interests and discover their passions through engaging educational activities.

"Our Academic Success programs are designed to help youth reach their full potential. We focus on building strong educational foundations, teaching practical life skills and using technology to prepare members for future careers.

"By supporting those who need us most, we help boost graduation rates, ensuring our members are ready for college, trade school, the military or a rewarding career. We believe every young person deserves the chance to succeed and create a bright future.

"We're all about building young leaders. Our Character & Leadership programs empower kids and teens to take on leadership roles and understand the responsibilities of citizenship. We introduce them to different cultures, teach them about potential career paths and help them develop skills like interviewing and public speaking.

"Most importantly, we emphasize the value of building strong relationships, developing a positive self-image and being a positive influence on others."

### Breast Connect, Inc.

For more information, call 865-409-0410, visit [breastconnect.org](http://breastconnect.org) or e-mail [contact@breastconnect.org](mailto:contact@breastconnect.org)

The mission of Breast Connect, Inc., is to improve the quality of life for breast cancer patients by empowering them to become their own best advocates through relevant information, resources, and community.



"We are dedicated to providing those impacted by breast cancer with a wealth of resources. Our goal is to answer questions, provide information, and help patients create the best course of action as they embark on their breast cancer journey."

In 2014, a group of breast cancer patients and survivors in Knoxville met one evening for the purpose of companionship and support. That group, nicknamed the "Happy Hour for a Cure," grew as dozens of women found comfort and support in sharing their stories with those who "had been down that road." That small group blossomed into the Breast Connect of today.

"Our organization is a one-stop shop for educational materials, financial assistance information, survivor questions to ask your docs, treatment and surgery tips, and day-to-day assistance suggestions for those with limited family support or availability. Additionally, we partner with Courage to Conquer Cancer to provide post-surgical supplies for women undergoing mastectomies and Random Acts of Flowers to send flowers to those who are undergoing surgery for breast cancer. The focus of Breast Connect remains Survivor helping Survivor."

### Bridge Refugee Services, Inc.

4420 Whittle Springs Road, Knoxville

For more information, visit [www.bridgerefugees.org](http://www.bridgerefugees.org) or call the Knoxville location at 865-540-1311.

Mission: to provide opportunities for refugees and international protected classes to rebuild their lives, after suffering persecutions, so that they become productive, contributing members of the community. Bridge cultivates public/private partnerships to uphold the three pillars of refugee integration: learning English, employment and community engagement.



Bridge Clients in East Tennessee have arrived from countries including Afghanistan, Ukraine, Cuba, Haiti, Democratic Republic of Congo, Vietnam, Myanmar, Ethiopia, Burundi, Iraq, Venezuela, Colombia, Sudan and many others.

Bridge has been resettling refugees in East Tennessee for over 40 years," said Noah McBrayer Jones, BRS Development and Communication director.

Bridge Refugee Services is the only refugee and international protected class resettlement agency in East Tennessee, with locations in Knoxville and Chattanooga.

Bridge Refugee Services also is instrumental in "international recognition surrounding Welcoming Week, which annually brings together neighbors of all backgrounds to build strong connections and affirm the importance of welcoming and inclusive places in achieving collective prosperity."

Since the program's institution in 1980, the United States has accepted more than 2 million refugees.



# Finding Hope in Her Journey

## Introducing Kamerie, East Tennessee Children's Hospital's 2025 Ambassador

Kamerie began the fight for her life when she came into the world weighing just 1 pound and 5 ounces with the help of her team at East Tennessee Children's Hospital.

Despite her unique journey after spending 384 days in the Neonatal Intensive Care Unit (NICU), her family has never lost hope. In partnership with the medical experts at Children's Hospital, Kamerie is paving her own way. Every season is a new opportunity for her to reach another milestone.

We invite you to join in our Season of Giving to support children like Kamerie and others who depend on the specialized care provided by East Tennessee Children's Hospital.

Your generous monetary gifts ensure that Children's Hospital can help families receive state-of-the-art, high-quality care close to home.

Thank you for helping us take care of our future, one child at a time.



To donate and learn more about Kamerie's story, scan the QR code or visit [etch.com/seasonofgiving](http://etch.com/seasonofgiving)



**CASA of East Tennessee**

5410 Homberg Drive Suite 29A, Knoxville

For more information, including donations, call 865-329-3399, e-mail [info@casaoeasttn.org](mailto:info@casaoeasttn.org) or visit [www.casaoeasttn.org](http://www.casaoeasttn.org)



Court Appointed Special Advocates of East Tennessee, are trained to represent the best interests of children in juvenile abuse and neglect court cases.

“CASA of East Tennessee is a community based program that recruits, trains and supports citizen-volunteers to advocate for the best interests of abused and neglected children in Knox County.”

CASA volunteers work to discover a child’s best interest, collaborating closely with Knox County Juvenile Court, educators, medical professionals, community organizations, social workers and relevant government agencies to find the child a safe, permanent home as quickly as possible.

It’s mission is “to improve the lives of abused and neglected children through trained volunteers who advocate for safe, permanent, loving homes.”

“We empower children to express their concerns and fears, as well as share their hopes and dreams, and for them to all be heard by their families and the court.” Transparency

“We are transparent in our governance and fundraising practices; every dollar goes to put a child in the best home possible.” Accountability

“We are accountable for placing each child in a safe and loving environment. All our volunteers undergo a strict and rigorous vetting and training process.”

**Catholic Charities of East Tennessee**

119 Dameron Ave., Knoxville, TN 37919

To donate, or for more information, call 865-524-9896 or visit [cctn.org](http://cctn.org)



Catholic Charities of East Tennessee are a coalition of service-driven community centered programs empowered by the grace of Jesus Christ. We help foster human dignity of the vulnerable in our region through shelter, counseling, education, advocacy and reverence for life.

Our programs include: A Loving Option Adoption; Children’s Emergency Shelter; Columbus Home Assisting Parents; COHO Safe Place for Kids; Immigrant Services; Pregnancy Services; Horizon House/Five Rivers; Samaritan Place; The Home Place; Counseling Services; HOPE Kitchen; and Food Pantry.

Every charitable gift, big and small, goes a long way; you do not have to be wealthy to make a planned gift.

CCETN can consult with you and your attorney, CPA, financial advisor, and/or insurance professional to establish a planned giving strategy that will optimally benefit both you and CCETN. Please contact Andrew Kaleida [akaleida@cctn.org](mailto:akaleida@cctn.org) for more information.

How can we pray for you? Submit your prayer requests (using the form after clicking “pray” on the main page and scrolling down) so that members of our prayer circle can be praying for your prayer intentions.

If you’re not comfortable, you do not need to enter your name or email into the prayer request form. We will still pray for your intentions.

**Childhelp Children’s Center of East TN**

623 Lindsay Place, Knoxville, TN 37919

To contact Childhelp for help, to donate or for more information, call 865-637-1753 or e-mail [infotn@childhelp.org](mailto:infotn@childhelp.org)



Since 1995, the fully accredited Childhelp Children’s Center of East Tennessee has served victims of child abuse and neglect through advocacy, treatment and investigation services.

Our Foster Family Agency serves 17 counties in East Tennessee. Last year we expanded, fairly largely, our Mental Health Services,

where these services for abused and neglected children have expanded from helping 30 per week to helping 125 per week.

During one stretch in 2022, 11 children were adopted in a two-month span.

A service launched in January 2022, which looks to help almost 10,000 children in Knox County annually, is “Speak Up and Be Safe.” It teaches abused and neglected children from pre-kindergarten through 12th-grade how to communicate the hardships they suffer to better identify their home environment problems. “It’s the only program like it in the country.

That 17-county service area also has a new program, as of January 2023, to financially assist grandparents and other relatives who are legal guardians of children abused or neglected by their parents.

**Compassion Closet**

11020 Kingston Pike Suite 270, Farragut, TN 37934

For more information, visit [www.compassioncloset.com](http://www.compassioncloset.com) or e-mail [info@compassioncloset.com](mailto:info@compassioncloset.com) or e-mail Hannah Jessee at [hannah@compassioncloset.com](mailto:hannah@compassioncloset.com) To donate or volunteer, click on the Donate or Volunteer button on the home page at [www.compassioncloset.com](http://www.compassioncloset.com)



Foster care is often messy — most often, placements are last-minute and the families have little time to ensure they have the specific items these children need.

This is the core reason for Compassion Closet.

A totally volunteer-run effort, The Compassion Closet exists to show the love of Christ by providing quick-turn assistance to foster, kinship, adoptive and other families in the Greater Knoxville and Oak Ridge area. ... Providing quality clothing and tangible goods.

We also desire to serve birth families, aging-out youth, kinship placements and domestic/international adoptive families as God allows and the needs arrive.

The Closet was started in 2013 by an adoptive and foster care family as a means of helping other families as they had been helped.

We have a large collecting of clothing items for boys and girls. Baby supplies include cribs, Pack-n-Plays, swings and more. We have a small collection of new and gently used toys.

During the past 10 years, the Compassion Closet has supported hundreds of families and thousands of children.

We accept high-quality clothing and other donations in good condition.

**East Tennessee Kidney Foundation Mission, Inc.**

P.O. Box 22072, Knoxville 37933

For more information, or to donate or volunteer, visit [www.etkidney.org](http://www.etkidney.org) or call 865-288-7351 or e-mail [admin@etkidney.org](mailto:admin@etkidney.org)

To donate monetarily, click on the red Donate button on the front web page, [www.etkidney.org](http://www.etkidney.org)



East Tennessee Kidney Foundation, Inc. focuses on directly improving the lives of patients suffering from kidney disease.

Programs feature Dianne Hagey Dialysis Transportation Program, which provides financial assistance to help patients reach their life-saving dialysis treatments; Dental Assistance Program, which provides low-cost dental work for dialysis patients whose last barrier to placement on the kidney transplant waiting list is dental work; and Nutritional Supplement Program, which provides free nutritional supplements to dialysis patients in 16 East Tennessee counties.

Volunteers are needed throughout the year (see contact information above) for activities including: Lucky Kidney Run every March in downtown Knoxville, Healthy Living Expo in April at Knoxville Convention Center downtown and various health fairs and events.

ETKF is run by volunteers and contributions of the community. You can help us by volunteering and becoming an advocate for the health and well-being of East Tennesseans affected by kidney disease.

**Now through December 5th, your gift is doubled.**

Presented by:

**BUSH'S BEST**

**KNOXVILLE**

**TVA EMPLOYEES CREDIT UNION**

**Because it isn't just a meal. It's hope.**

**The Holidays are a crucial time** when families and friends come together for meals and fellowship. It's also a deeper picture of how much we depend on each other for strength and hope.



Leading the community to end hunger in 18 counties

For more on our **Double Your Donation** match, scan the QR code now.

[SecondHarvestETN.org/DYD](http://SecondHarvestETN.org/DYD) | (865) 521-0000



**Emerald Youth Foundation**

1014 Heiskell Ave., Knoxville, TN 37921

For more information, visit [www.emeraldyouth.org](http://www.emeraldyouth.org) or call 865-637-3227, or e-mail [info@emeraldyouth.org](mailto:info@emeraldyouth.org)

To donate online, click on the green DONATE button in the upper right corner of the web page, [www.emeraldyouth.org](http://www.emeraldyouth.org) or e-mail [volunteer@emeraldyouth.org](mailto:volunteer@emeraldyouth.org) for more details

Emerald Youth Foundation is a Christian, urban youth and community ministry in Knoxville serving more than 2,300 young people annually. The Foundation serves through satellite churches and recreational centers throughout Knox County.

Our mission is to raise up a large number of urban youth to love Jesus Christ and become effective leaders who help renew their communities. We've been working closely with the community since the late 1980s, when we began a summer outreach ministry designed to support urban youth.

Areas of concentration are Faith, Relationships, Learning and Health.

We are encouraged by the stories of those who have grown up to become godly mothers and fathers, neighborhood coaches, Sunday school teachers, church board members, teachers, managers, business owners and civic leaders. Yet, despite these abundant stories of inspiration and hope, our community faces ongoing challenges that require a continued commitment to change.

To volunteer coaching a team, being a mentor or helping students prepare for college, there are many ways in which you can help make a meaningful difference.

**Family Promise of Knoxville**

3545 Middlebrook Pike, Knoxville, 37921

For more information, or to learn more about how you can volunteer, call 865-584-2822 or visit [familypromiseknoxville.org/](http://familypromiseknoxville.org/)Donations can be made online at [familypromiseknoxville.org](http://familypromiseknoxville.org)

Mission: to provide a community-based response that empowers and equips families experiencing homelessness and housing instability to achieve sustainable independence.

With more than 40 percent of Americans a \$400 expense away from financial distress, the threat of crisis looms closely for too many families. Preventing families from spiraling into homelessness is an essential part of the Family Promise mission.

In East Tennessee, where each and every child knows the safety and security of home, and each parent has the chance to build a better future for their family.

Following the beginning of the COVID-19 Pandemic, Family Promise of Knoxville started re-envisioning the way in which we serve families. With limitations on sheltering, our affiliate turned our attention to keeping families from becoming homeless. Through community partnerships and specialized referrals, we can support families through rental assistance, rapid re-housing, or other diversion maneuvers, including landlord mediation.

Since our soft launch in July 2020, we have served 15 families with 36 children. Presently — in Knox County — it costs \$203.75 per child to keep a family from experiencing homelessness. Currently, funding ranges from month-to-month.

Volunteering ranges from serving meals to providing financial literacy training to assisting with fundraising events.

**Humane Society of the Tennessee Valley**

6717 Kingston Pike, Knoxville, TN 37919

For more information, call 865-573-9675, visit [humanesocietytennessee.org](http://humanesocietytennessee.org)or e-mail [info@humanesocietytennessee.org](mailto:info@humanesocietytennessee.org)

The Humane Society of the Tennessee Valley is dedicated to helping lost pets reunite with their owners.

Lost pets:

- If your pet is microchipped, call the microchip company to make sure your contact information is up to date and alert the company that the pet is missing

- Contact local veterinarian offices, including the emergency clinics, if an animal is found injured they may be taken there instead of a shelter.

- Post flyers, especially in your neighborhood and the area the from where animal was lost.

- Post a sign in your front yard

- Post ads for free on PawBoost and Craigslist

Found pets:

- Visit your local Open Admission Shelter to see if the pet has a microchip

- If you cannot keep the pet until the owner is located, the shelter will keep the animal for a period of 3 to 10 days in an attempt to locate the owner.

- If you decide to keep the pet until owners are found, you must make attempts to find the owners and have the animal for a period of 10 days before deciding to keep the pet or re-home the pet.

- Contact shelters in your area to make a listing for the animal.

- Post flyers around the area that you found the animal

- Post ads for free on PawBoost and Craigslist

**Girls Inc. of Knox County**For more information, call 865-482-4475 or visit <https://www.girlsinctnv.org>

To donate, click on the red Donate button at the top left of the front web page, [www.girlsinctnv.org](http://www.girlsinctnv.org)

To volunteer with reading, homework assistance, math tutoring and classroom aid, call 865-482-4475.

Girls Inc. is the preeminent girls' leadership organization



equipping girls to reach their full potential. To inspire all girls to be strong, smart and bold. ... Our vision (is) to be recognized as the premier organization that helps all girls realize their potential and exercise their rights.

Girls Inc. offers Community Based Outreach programs within Knox County: Outreach staff present intentional programs and hands-on activities within the after-school hours where girls live and go to school.

Girls Inc. National Programs offered in Knox County include Girls Inc. Operation Smart, a program designed to provide hands-on experiences with math, science and technology; Magic Within, where girls learn to set goals for themselves and their futures, make action plans in achieving those goals and build overall self esteem; and Girls Inc. Economic Literacy, which provides girls with the skills and confidence they need to contribute to the economy.

**Goodwill Industries-Knoxville**For more information, or to donate, call 865-588-8567 or visit [gwintn.org](http://gwintn.org)

Goodwill Industries-Knoxville is a 501c3 non-profit organization dedicated to changing lives and strengthening families by helping people reach their full potential through community-relevant job training, work experience, and career services.

Goodwill's mission has grown into an international movement, improving the quality of life for disabled and disadvantaged individuals around the world.

Goodwill Industries-Knoxville, Inc. was founded in 1971 to fill the need for a community program for the young disabled population. The organization was meager in it's beginning, but has since expanded to serve over 1,790 in 2022.

Our service area includes Anderson, Blount, Campbell, Claiborne, Cocke, Grainger, Hamblen, Jefferson, Knox, Loudon, Morgan, Roane, Scott, Sevier, and Union County. We operate 27 stores throughout our 15-county East Tennessee service area.

Proceeds from the sale of donations support Goodwill's job training programs and employment services for individuals with barriers to employment.

**Humane Society of the Tennessee Valley**

6717 Kingston Pike, Knoxville, TN 37919

For more information, call 865-573-9675, visit [humanesocietytennessee.org](http://humanesocietytennessee.org)or e-mail [info@humanesocietytennessee.org](mailto:info@humanesocietytennessee.org)

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is proud to be a part of the local community for 45 years!

Remember when you buy Monterey Mushrooms at your favorite local retailer, you are supporting local business.

Check out our website at [www.montereymushrooms.com](http://www.montereymushrooms.com) for some great recipe ideas for your family.

**Interfaith Health Center**

315 Gill Ave., Knoxville, TN, 37917

For more information, call 703-546-7330, e-mail [info@interfaithhealthcenter.org](mailto:info@interfaithhealthcenter.org) or visit [interfaithhealthcenter.org](http://interfaithhealthcenter.org).



Interfaith Health Center was founded in 1991 to help hard-working people in our community who don't have health insurance coverage and to provide accessible, affordable and quality health care to the low-income, working uninsured and underserved, primarily through the support of the religious, health care and business communities.

These services are provided within the capacity of the Center regardless of race, sex, creed, age, religion, national origin or ability to pay.

Interfaith has served more than 24,000 individual patients by providing affordable medical, dental and mental health care and access to prescription medications.

To donate money, volunteer, become an NAFC member or find out about upcoming charitable events, click the Get Involved green box at the top of the home page and follow the choices just below the Get Involved heading.

Or donate over the phone by calling 865-243-3038.

**Knox Area Rescue Ministries**

To help the homeless, visit [karm.org](http://karm.org), e-mail [volunteer@karm.org](mailto:volunteer@karm.org) or call either KARM Stores at 865-521-0770 or the main KARM number at 865-673-6540



Knox Area Rescue Ministries' mission is to restore lives of our homeless neighbors through Christ-centered support. Since 1960, KARM's volunteers, donors and staff have answered the call to restore lives in Jesus' name. We pursue this mission using the same ministry formula Jesus used: Rescue + Relationships = Restoration.

The best way to care for the homeless is to connect with service providers in the Knox area. East Tennessee has a host of ministries and social service agencies that provide opportunities to volunteer and serve the homeless. You can certainly find a service opportunity that uses your gifts and fits your availability. To learn more about volunteering at KARM, e-mail [volunteer@karm.org](mailto:volunteer@karm.org).

What is a good response when a homeless person asks me for money or help? The best approach is not to give money but, instead, to direct people to resources that can meet their needs. However, if you feel the Holy Spirit directing you to give, by all means, give to that person. Something each person you encounter could use is a single day bus pass, which would give them the ability to reach services they need (food, shelter, etc.).

**Knoxville Dream Center**

1444 Breda Drive, Knoxville, TN 37918

To donate, or for more information, call 865-688-9636, visit [knoxvilledreamcenter.org](http://knoxvilledreamcenter.org) or e-mail [office@knoxvilledreamcenter.org](mailto:office@knoxvilledreamcenter.org)



The mission of Knoxville Dream Center is to provide good food, authentic faith, and opportunities for a brighter future for those who need it most.

The vision of the Knoxville Dream Center is to empower volunteers and continually seek out community partnerships in order to consistently reach Knoxville's most vulnerable and impact their lives with the life changing message of the gospel, in both word and deed.

• Food: How can food be a value? Well, food is a value because it represents more than physical sustenance to us. It is a platform to engage with needy people. We have a saying around the Knoxville Dream Center: "It's amazing what happens

when you hand someone a cucumber." When we give good, free, fresh food away, people's hearts open up and we can engage in conversation about life and Jesus.

• Faith: We are unashamed about the power of the Gospel to change lives. All of our outreaches, whether they are run by us or other partners, aim to see God glorified and represent an authentic witness of Christ's power.

• Futures: We mostly serve under-resourced individuals and families. Not only do we want to see them come to Christ, but we want to give them opportunities for a bright future.

**Knoxville Habitat for Humanity**

1501 Washington Ave., Knoxville, TN 37917

To volunteer, or for more information, call 865-523-3539 or visit [knoxvillehabitat.org](http://knoxvillehabitat.org)



Since our inception in 1985, Knoxville Habitat for Humanity has been at the forefront of addressing affordable housing in our community.

What started as a humble mission to provide decent, affordable homes has grown into a significant force for change, directly impacting over 1,500 families in Knoxville. Our journey from renovating single homes to developing entire neighborhoods marks our evolution and our commitment to not just building houses, but fostering communities.

We offer a way for families to own or remain in their homes and focus on the things that matter — such as education, health, and family.

With nearly 650 homes built, we've not only provided shelter but also a foundation for families to thrive. Beyond construction, our homeowner education programs offer crucial knowledge in financial literacy and home maintenance, empowering our partners to build a stable future. Our ReStore outlets support this mission by recycling overstocked, seconds, used, discontinued items, and surplus building materials donated by manufacturers, stores, contractors, and individuals.

Homeownership is a powerful tool for financial independence, providing families with stability and the skills needed for a self-reliant future. Our programs have empowered more than 90 percent of families to look forward with confidence, enhancing budgeting skills for long-term success.

**Make-A-Wish East Tennessee**

6700 Baum Drive, Suite 7, Knoxville, TN 37919

To donate, or for more information, call 865-909-9474 or visit [wish.org/etn](http://wish.org/etn)



For children diagnosed with critical illnesses, a wish come true can be a crucial turning point in their lives. A wish can be that spark that helps these children believe that anything is possible and gives them the strength to fight harder against their illnesses.

Parents might finally feel like they can be optimistic. And still others might realize all they have to offer the world through volunteer work or philanthropy.

Such inspirations guide us in everything we do at Make-A-Wish. It inspires us to grant life-changing wishes for children going through so much. It compels us to be creative in exceeding the expectations of every wish kid. It drives us to make our donated resources go as far as possible. Most of all, it's the founding principle of our vision to grant the wish of every eligible child.

Wishes are more than just a nice thing. And they are far more than gifts, or singular events in time. Wishes impact everyone involved—wish kids, volunteers, donors, sponsors, medical professionals and communities.

Tens of thousands of volunteers, donors and supporters advance the Make-A-Wish vision. ... In the United States and its territories, a wish is granted every 33 minutes.

**Because of your support of Water into Wine, we have been able to support our community needs:**

- Faith Lutheran Church- Shepherd of Hope Food Pantry
- Rotary Club of Farragut,
- Farragut West Knox Chamber
- Junior League of Knoxville
- Knoxville Area Rescue Ministry
- Butterfly Fund
- Fraternity Order of Police
- Knoxville Firefighters Association
- The Point Knoxville
- Farragut High School
- Hardin Valley High School
- St John's Newman
- Catholic School
- Paideia School Knoxville
- University of Tennessee
- Pellissippi State Community College
- American Heart Association
- Leukemia Lymphoma foundation of East Tennessee
- Lyons Club of Knoxville and Tellico Village
- Children's Hospital
- Friends of the Smokies
- Susannah's House
- Toys for Tots
- Iva's Place
- Isaiah 117 House
- Widow Parent Relief Program
- The Love Kitchen
- Community Action Committee of Knoxville
- Knoxville Symphony Orchestra

*And MANY other local charities in our community*  
*Local Business Partners:*

Berrylicious  
Farragut Shrimp Dock  
Sweetwater Valley Farm

Valley Produce  
Funky Meat Snacks  
RiverDog Bakery



607 N. Campbell Station Road, Farragut | 865-392-1586  
Monday 3pm-10pm • Tuesday-Thursday 11am-11pm | Friday & Saturday 11am-12am • Closed Sunday  
[www.WaterintoWineKnoxville.com](http://www.WaterintoWineKnoxville.com) | [w2wKnoxville@gmail.com](mailto:w2wKnoxville@gmail.com)



#LOCALSSUPPORTLOCALS



**MEDIC Regional Blood Center**

11000 Kingston Pike Suite 4, Farragut TN, 37934, or 1601 Ailor Ave., Knoxville  
For more information, visit [medicblood.org](http://medicblood.org) or call 865-524-3074 to get the latest updates on shortages, or e-mail [contact@medicblood.org](mailto:contact@medicblood.org)

Mission: to enhance the well-being of the community by providing a safe, adequate and economical supply of blood and blood-related products, and to be an essential and vital community resource dedicated to saving, extending, and improving lives.

MEDIC was established in 1958 by Carl Nelson M.D. under the sponsorship of the Knoxville Academy of Medicine.

Area physicians supported the not-for-profit blood center because they wanted a source of blood from volunteer donors, and they desired centralization of blood collection, testing and distribution.

MEDIC is the only U.S. blood center that has a Blood Coverage Program covering members' blood supplier processing fees at any hospital in the country. ... Today, MEDIC Regional Blood Center is the sole provider of products for 25 hospitals in Knox and 21 surrounding counties.

On a weekly basis, MEDIC will update the severity of need for certain blood types and asks the public to visit its website. All blood types, however, are needed.

The center adheres to the blood product safety regulations established by the U.S. Food and Drug Administration and is licensed by the FDA and the State of Tennessee.

**Mission of Hope**

6030 Industrial Heights Drive NW, Knoxville, TN 37909

To contact Mission of Hope for help, to donate or to volunteer, call 865-584-7571 or visit [missionofhope.org](http://missionofhope.org)

Since 1996, Mission of Hope has been a year-round Christian ministry blessed to assist many of our less fortunate Appalachian children and neighbors with much-needed goods and resources, college scholarships and help with basic educational, health care and home repair needs.

It helps grade school-age children in the most distressed and poorest areas of rural Appalachia, which in recent years has included scholarship dollars for hard-working high school students with excellent grades who otherwise wouldn't get a scholarship.

MoH reaches children and their families in 29 schools in Northeast Tennessee, Southeast Kentucky and Southwest Virginia.

Its ministries are provided during appropriate seasons of the year, including Christmas and Easter, through a system of delivering clothes, food, toys and school supplies to impoverished families; to assist in the repair of existing homes or relocating to other homes when appropriate; to provide scholarships for qualifying children of the area; to assist in developing skills or other expertise for the creation of new or expanded jobs in the area; and to assist in locating jobs for persons who are willing to relocate outside the area.

**Random Acts of Flowers Knoxville**

2936 Middlebrook Pike, Knoxville, TN, 37921.

To donate, volunteer or for more information, call 865-633-9082, visit [www.rafknoxville.org](http://www.rafknoxville.org) or e-mail [info@rafknoxville.org](mailto:info@rafknoxville.org)

To donate monetarily, scroll to the bottom of the home webpage and click the Donate button. To donate flowers or vases, find the Donate button, then click either the Donate Flowers or Donate Vases selection underneath.

To volunteer, scroll to the bottom of the webpage, [www.rafknoxville.org](http://www.rafknoxville.org), find the Volunteer heading and click on the home web page.

Mission: to bring moments of kindness in the form of a beautiful floral bouquet. Our recipients' joy is enough to justify our work, but these deliveries also have



clinically proven to have a positive effect on health and well-being.

Random Acts of Flowers improves the emotional health and well-being of individuals in healthcare facilities by delivering recycled flowers, encouragement and personal moments of kindness.

Throughout the week, our volunteers prepare donated flowers, create beautiful bouquets and make personal deliveries of hope and encouragement to neighbors in hospitals, hospices and health care facilities.

**Remote Area Medical**

If you or your organization would like to volunteer your time to help provide free healthcare services to Knoxville and surrounding communities, visit the website at [www.ramusa.org](http://www.ramusa.org) or call 865-579-1530.

Remote Area Medical is a major nonprofit organization that operates pop-up clinics delivering free, quality dental, vision and medical services to individuals in need who do not have access to, or cannot afford, a doctor.

Founded in 1985, RAM has treated more than 900,000 individuals with more than \$200 million worth of free healthcare and veterinary services. Since its foundation, almost 200,000 volunteers – comprised of licensed dental, vision, medical and veterinary professionals as well as general support staff – have supported RAM's mission.

All RAM services are free, and no ID is required. Free dental, vision and medical services will be provided on a first-come, first-served basis.

**Ronald McDonald House Charities of Knoxville**

1705 W. Clinch Ave., Knoxville

For more information, call the main number at 865-637-7475 or visit [www.knoxrmhc.org](http://www.knoxrmhc.org). To donate money, click the Donate button on the home webpage, [knoxrmhc.org](http://knoxrmhc.org)

To volunteer, click the Volunteer selection on the webpage, then complete a Volunteer Application as you learn more details. In-house volunteers are used from 9 a.m. to 9 p.m., seven days a week (three hour shifts are recommended).

Since 1985, Knoxville's Ronald McDonald House has been a haven for families with critically ill or injured children. Our mission is to provide temporary lodging and the comforts of home for families during their most challenging times.

The House is a not-for-profit organization that provides a temporary "home-away-from-home" for families whose children are receiving treatment for serious illnesses at area hospitals.

Preparing food for families, room inventory, cleaning, yard work and fundraising are key volunteer functions.

**Salvation Army Knoxville Area Command**

409 N. Broadway Ave., Knoxville, TN 37917

To contact SAKAC for help, to donate in other ways or to volunteer, call 865-525-9401 or visit [salvationarmyknoxville.org](http://salvationarmyknoxville.org)

To donate Angel Tree gifts to a specific child or senior, call SAKAC at 865-971-4901 and ask for information on specific ways to gift, or visit [salvationarmyknoxville.org](http://salvationarmyknoxville.org). After purchasing the gift(s), bring it to the office. Submit from 9 a.m. to 4 p.m., Monday through Friday.

Mission: to preach the Gospel of Jesus and to meet human needs in Jesus' name.

Knoxville Area Command offers Food and Nutrition Programs, Casework Services, Emergency Shelter, Christian Education, Food Pantry, Food & Nutrition and Transitional Housing.

SAKAC helps roughly 1,700 children or seniors with gifts for the Christmas season. ... Usually they'll get three or four gifts inside their package.

Those current donation drive funds also go to year-round SAKAC needs.

SAKAC's famous Red Kettle Campaign starts around Thanksgiving Day, which this year is Thursday, Nov. 28



Affordable  
**HEALTHCARE**  
for working uninsured or underserved  
individuals in our community



Medical



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CONTACT US

865-546-7330

[InterFaithHealthCenter.org](http://InterFaithHealthCenter.org)

GIVE  
TODAY



**Second Harvest Food Bank of East Tennessee**

136 Harvest Lane, Maryville, TN, 37801

For more information, call Second Harvest at 865-521-0000, visit [www.secondharvestetn.org](http://www.secondharvestetn.org) or e-mail [infor@secondharvestetn.org](mailto:infor@secondharvestetn.org)



To donate time, money or food, go to the website, [www.secondharvestetn.org](http://www.secondharvestetn.org), and scroll to Donate Time, Donate Food or Donate Money logo and click. Donate for specific programs by clicking Programs on the home page, and a Give option on the home page for donations.

Second Harvest Food Bank of East Tennessee, a member of Feeding America, has worked to compassionately feed people facing hunger since 1982.

202,560 East Tennesseans are at risk of hunger, uncertain where their next meal will come from. At Second Harvest Food Bank, we are working to change that statistic in 18 East Tennessee counties.

In fiscal year 2020, Second Harvest distributed 21 million pounds of food across 18 East Tennessee counties. Though feeding programs and 630-plus non-profit partners, SHFBET provides food to more than 134,000 children, adults and seniors each month.

**Senior Citizens Home Assistance Service**

215 Bearden Place, Knoxville, TN 37919

For more information, call the Knox County office at 865-523-2920 or visit [www.schas.org](http://www.schas.org) and click Contact Us, then select the appropriate service box. To donate, [www.schas.org](http://www.schas.org) and click Get Involved selection on the home page, then select Make a Donation box. Or call 865-523-2920.

To volunteer, go to [www.schas.org](http://www.schas.org) and click Get Involved selection on the home page, then select Volunteer Your Time box. Or call 865-523-2920.



The mission of Senior Citizens Home Assistance Service, Inc. and Renaissance Terrace Assisted Living Mission is "improving the quality of life for the elderly, persons with disabilities and their caregivers by providing accessible care and supportive services through compassionate personnel.

Since 1970, SCHAS has grown to serve 20 counties in East Tennessee. Annually, SCHAS employs around 200 who are dedicated to providing services to more than 2,600 East Tennesseans.

SCHAS caregivers specialize in helping our clients remain in clean, familiar surroundings, with well-prepared food and free from fear, boredom and loneliness. ... They provide companionship and needed assistance with light chores and housekeeping. SCHAS caregivers provide no skilled medical care but are skilled in making your loved one comfortable and happy in their home.

As a non-profit, the agency can offer a sliding scale fee for hourly services that is determined using the net income of the client (gross income less necessary expenses).

**Shangri-La Therapeutic Academy of Riding**

11800 Highway 11E, Lenoir City, TN 37772

For more information, call 865-988-4711 or e-mail [office@rideatstar.org](mailto:office@rideatstar.org)



To volunteer, call 865-988-4711 or go to [www.rideatstar.org](http://www.rideatstar.org) and scroll to the bottom of the home page, click the Volunteer box. Minimum commitment of one hour per week. Same day and time for the entire session ... no horse experience necessary.

To donate, visit [www.rideatstar.org](http://www.rideatstar.org) and scroll to the bottom of the home page, click the Donate box

Mission: to foster personal achievement by providing therapeutic experiences using horse-related activities for

persons with disabilities or other special challenges. STAR is a 501(c)3 organization and holds premier accreditation from the Professional Association of Therapeutic Horsemanship International."

Program offered:

- Therapeutic Riding: with some riders we position them so the movement of the horse can relax tight muscles, increase range of motion and improve trunk stability and balance;
- Therapeutic Riding and Equine Assisted Learning program for Veterans with disabilities or other special challenges; and
- Changing STRIDES Life Skills provides the tools for at-risk youth (ages 13-21) and adults to better manage their lives and foster positive relationships.

**Small Breed Rescue of East Tennessee, Inc.**

For more information, call Louise Trudell at 865-705-3480, visit [sbret.com](http://sbret.com) or e-mail [rescue@sbret.com](mailto:rescue@sbret.com)



Small Breed Rescue of East Tennessee, Inc. is an all-volunteer 501(c)3 non-profit organization dedicated to finding forever homes for displaced or abandoned small breed dogs. We are also dedicated to educating the public about pet overpopulation, the benefits of spaying/neutering and the horrors of puppy mills.

All our dogs live in foster homes in the Knoxville area — we do not have a shelter facility. If you are interested in meeting one of our available dogs, see the Events Calendar online for location information or follow us on Facebook @SmallBreedRescue for up-to-date location information. Or you can fill out an adoption application and if approved, we will arrange a meet-and-greet or home visit.

All our dogs are spayed or neutered, microchipped, vaccinated, receive heartworm/flea prevention, have dental cleaning when required and medical care. Our adoption fees help cover these expenses.

SBRET takes in abused, neglected, ill, unwanted and injured small breed dogs and places them in foster homes for rehabilitation. SBRET pays for all veterinary costs associated with caring for each dog while it is in foster care including spay/neuter, immunizations, dentals, microchipping, any necessary surgeries and heartworm/flea prevention. Our wonderful foster families provide shelter, food, toys and lots of love and nurture for each dog.

**Smoky Mountain Service Dogs**

Veteran Canine Training Center

8380 Fairview Road, Lenoir City, TN 37772

For more information, or to donate, visit [smokymountainservicedogs.org](http://smokymountainservicedogs.org)



For volunteer opportunities, contact our volunteer coordinator at [smsdvolunteer@smokymountainservicedogs.org](mailto:smsdvolunteer@smokymountainservicedogs.org). For Veteran and First Responder questions, contact Suzy at [suzy.k@smokymountainservicedogs.org](mailto:suzy.k@smokymountainservicedogs.org).

Mission: To enhance the physical and psychological quality of life for wounded Veterans by providing custom-trained mobility assistance service dogs (at no cost to the Veteran).

"We believe that through appropriate utilization of an approved, highly-trained service dog, individuals with physical and psychological disabilities can often become increasingly self-sufficient and independent.

"We believe that it takes community involvement to insure the success of Smoky Mountain Service Dogs and our clients. The contributions of individuals and groups within the community will be welcome, appreciated, and honored."

Volunteer opportunities include: Puppy Raisers, Respite Providers, Canine Transporter, Community Events/PR team. See website for details.

**A COMMUNITY DESIGNED WITH YOUR LOVED ONE IN MIND**



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## Special Spaces Tennessee National Office

448 N. Cedar Bluff Road Suite 350, Knoxville, TN, 37923.

To donate, click on the Donate button on the home webpage, [www.specialspaces.org](http://www.specialspaces.org)

To volunteer, click on the Volunteer button on the home page website, [www.specialspaces.org](http://www.specialspaces.org), and compete a form.

For more information, or to help identify a qualifying child, call 865-249-6079 or visit [specialspaces.org](http://specialspaces.org)

Special Spaces Tennessee is changing children's lives one bedroom at a time in the Knox metro area.

We create dream bedroom makeovers for dependent children and teenagers ages 2-19 with cancer who are within one year of treatment.

Our goal is to provide them a safe place to recover, heal, sleep and even play. A very special space just to be a kid. Bedrooms are where children sleep, but also rest, play and spend time away from the challenge of their illness.

We maintain a high-touch, high-impact organization that measures success by the quantity and the quality of the experience.

A custom bedroom designed just for them, whether they are dreaming of a princess castle, a butterfly bedroom, a pirate ship or a sports theme, we transform the child's existing bedroom into a place that only he/she can imagine.

This effort is done with teams of dedicated volunteers, sponsors, community partners and donated goods and/or services. The Special Spaces team meets with the family, designs the bedroom and provides all of the needed supplies.

### Sunshine Services

3000 N. Central St., Knoxville, 37919

To volunteer, or for more information, call 865-546-9431, visit [www.sunshinecarc.org](http://www.sunshinecarc.org) or e-mail [contact@sunshinecarc.org](mailto:contact@sunshinecarc.org)

To donate, see Donate box at the very top of webpage [www.sunshinecarc.org](http://www.sunshinecarc.org) in upper right portion of webpage.

Sunshine Services, formerly known as The Arc, has been serving the needs of individuals with intellectual and developmental disabilities since 1953. This service always has been concerned about the rights of all persons with disabilities to participate in programs and receive services as needed to achieve maximum personal, social, educational and vocational development.

It is our belief that if appropriate programs are available, every individual with an intellectual disability can learn and grow, reaching increasing levels of self-fulfillment.

This is a lifetime process that begins at birth and extends throughout a person's life. Additionally, Sunshine Services has been instrumental in educating the community with respect to those it serves and has worked to change the stereotypes so often associated with these individuals.

With an emphasis on community integration and competitive employment, the Sunshine Services Community Program provides activities for individuals interested in learning about the many options available to them, including job exploration, volunteering opportunities and leisure activities during the week.

Sunshine Early Intervention services offer a home-based educational program for Knox County families with children age newborn to the third birthday who qualify as having a learning problem or delay in development under Department of Education criteria.

### Susan G. Komen Tennessee

Call 1-877-465-6636 or email [helpline@komen.org](mailto:helpline@komen.org).

For state executive director, Joshua Daniel, e-mail: [jdaniel@komen.org](mailto:jdaniel@komen.org) or call 615-928-2269

The Susan G. Komen Breast Care Helpline provides information about breast health, breast cancer, local and national resources and information about clinical trials.

Some women and men may be embarrassed about a change in their breast or chest area. Others may not know it's important to see a health care provider about a change. However, putting off seeing a provider may result in a delay in breast cancer diagnosis. Survival is highest when breast cancer is found early and treated.

If you notice any of the warning signs or other changes in your breast or chest area, see a health care provider right away.

If you don't have a health care provider, one of the best ways to find a good one is to get a referral from a trusted family member or friend. You can also call your local health department, or a nearby hospital or clinic. If you have insurance, your insurance company may have a list of health care providers in your area.

Find information about financial assistance programs, including those for prescription drugs and other medical costs, transportation, lodging, and child and elder care.

Susan G. Komen offers the Komen Financial Assistance Program to eligible individuals undergoing breast cancer treatment at any stage or living with metastatic breast cancer (stage IV), the most advanced stage of breast cancer.

To learn more about this program, visit: [www.komen.org/financial-assistance-program/](http://www.komen.org/financial-assistance-program/)

### The Dream Connection

Visit [dreamconnection.org](http://dreamconnection.org), then find the Donate selection on top of the home page, or the Contact Us choice for more information

A group of colleagues volunteering at East Tennessee Children's Hospital in the 1980s realized something. Kids they saw in hospital beds every day talked about what they wanted to do when they got better – go on trips with their families, meet celebrities, visit fanciful locales. But most of these children's families had poured all their resources into the medical treatments required by the devastating illnesses their little ones were dealing with – so there was precious little leftover for entertainment or fun.

The volunteers were so moved by these dreams that they thought someone should try to make them happen. What they realized was that the "someone" they were looking for was themselves.

These ambitious volunteers knew they couldn't make dreams come true on their own, so they created a charitable organization to amplify their dream-making power. They chose the title Dream Connection because their goal was to connect children battling debilitating and life-threatening illnesses with the resources needed to make a once-in-a-lifetime experience possible. They established and incorporated The Dream Connection, Inc. as a 501(c)(3) nonprofit organization under Tennessee state law on Oct. 10, 1985.

This entirely volunteer-based organization has made more than 1,100 dreams come true in 40 years, ensuring all donations go directly to fulfilling children's dreams without any overhead expenses.

### The Florence Crittenton Agency, Inc.

1531 Dick Lonas Road, Knoxville, Tennessee 37909

For more information, or for help, call 865-602-2021 — for urgent help dial 911 — or visit [fcaknox.org](http://fcaknox.org)

The history of the Florence Crittenton Agency began in 1896, when a group of community leaders in Knoxville established a home for young women in crisis. The original founders of the Florence Crittenton Agency modeled their program on the work of the Florence Crittenton Mission in Washington, D.C.

Founded in 1895 by Charles Crittenton, a businessman and philanthropist who named the mission in memory of his daughter, and Dr. Kate Waller Barrett, the Florence



Crittenton Mission sought to support and empower unwed mothers and provide for the health of their infant children. Although the Florence Crittenton Agency is an independent nonprofit, our connections with other Crittenton programs continue to this day through our affiliation with the National Crittenton Foundation and its 27 member agencies.

The original Florence Crittenton Home in Knoxville served as a source of hope and support for young women in East Tennessee for nearly 20 years, but ongoing financial difficulties ultimately closed the original Florence Crittenton Home in the 1910s. Although the organization remained closed throughout the interwar period, however, community leaders had not forgotten the Florence Crittenton Home's important role within the community.

In 1963, a second generation of dedicated leaders began to discuss in earnest the need for a maternity home for teen mothers in Knoxville. A year later, the modern Florence Crittenton Agency was re-chartered, and began providing residential services out of a facility on Texas Avenue, in the heart of urban Knoxville.

The last two decades have continued these trends of growth and innovation.

### The Love Kitchen

2418 Martin Luther King Jr. Blvd., Knoxville, TN 37915

Call 865-546-3248, e-mail [thelovekitchen@gmail.com](mailto:thelovekitchen@gmail.com) or visit [thelovekitchen.org](http://thelovekitchen.org)

Sisters Helen Ashe and Ellen Turner received nursing certifications as students at Knoxville College before starting work at the University of Tennessee Medical Center in Knoxville.

Frequently seeing indigent patients coming to the Emergency Room hungry but not having enough money to purchase food, Helen would purchase food for these individuals and families.

After retiring, Helen and Ellen decided to carry this effort into their community by opening "The Love Kitchen" as a place where anyone and everyone could receive food.

The sisters served their first meals to 22 people on Feb. 14, 1986, in a church basement along Parkview Avenue in East Knoxville. From there, they served out of various houses in the neighborhood — and even at one point from the trunk of their car. The sisters' "will do" attitude ensured the hungry of their community were fed every week.

In 1991, the owners of Coleman Printing Company offered to sell the sisters their building along Martin Luther King Avenue for \$1. The sisters agreed, and with some generous donations from patrons, the Love Kitchen received and renovated a permanent location just around the corner from the church where they began five years earlier.

### The McNabb Center

200 Tech Center Drive, Knoxville, TN 37912

Main number is 1-800-255-9711. McNabb Center Foundation number is 865-541-6684 or to e-mail MCF: [foundation@mcnabb.org](mailto:foundation@mcnabb.org)

At The McNabb Center, services offered, which are found at the website [www.mcnabbcenter.org](http://www.mcnabbcenter.org), include mental health care, substance use treatment, social services and victim services.

Find a Health Crisis Hotline/Mobile Crisis Unit (all ages) at the far top right of the front website page or call 865-539-2409.

Adult Crisis Stabilization Unit, call 865-541-6958; Domestic Violence Hotline, call 865-637-8000; Sexual Assault Hotline, call 865-522-7273; or Runaway/Homeless Youth Hotline, 865-523-2689.

Other services found on the website include Therapeutic Foster Care & Adoption, 865-544-5000 and Military Services Program, 865-444-2333.

At the bottom pages of the website are areas to donate. To donate physical items, call 865-299-5230 or e-mail [foundation@mcnabb.org](mailto:foundation@mcnabb.org)

To volunteer, call 1-800-255-9711

Seventy years ago, a determined Helen Ross McNabb made an appeal to the Knoxville City Council for funds to help open a mental health agency for children. At this time, there was a great need, but little attention given to those suffering with mental illnesses.

Due to her persuasive efforts, one of the first community mental health clinics was established in the state of Tennessee. The agency was first created for children but quickly grew to also serve adults in 1955. The clinic opened in a house near the University of Tennessee, Knoxville campus in 1948.

### The Restoration House of East Tennessee

2205 Village Place Way, Knoxville TN, 37923

To donate, or for more information, call 865-200-5406, visit [therestorationhouse.net](http://therestorationhouse.net) or e-mail: [info@therestorationhouse.net](mailto:info@therestorationhouse.net)

The Restoration House helps restore single mothers and their children back to God's good intent for their lives. Through supportive transitional housing, ally teams, family advocacy, and youth development, TRH walks alongside low-income single-parent families, helping them break harmful cycles and regain hope and a future.

At its core, The Restoration House believes that God intended for us to live in community. Further, God desires for all of humanity to be restored in four core relationships – with God, Self, Others and Creation. In support of this, TRH has developed "The Village," a neighborhood in which single-parent families develop supportive relationships and find healing, stability and opportunity as they build a brighter future.

In short, our Core Values are:

- God's desire for the complete restoration of all people. ... God desires for us to love our neighbors as ourselves. ... Our relationship with God is the central relationship that affects all others.
- community, as demonstrated in God's nature, life is less than what it could or should be when life is lived alone.
- reciprocity, because everyone should have the chance to work for their future.
- dignity, because being created in the image of God all are deserving of dignity.
- partnership and cooperation over duplication and competition.

### United Way of Greater Knoxville

To donate, or for more information, call 865-523-9131, visit [uwgk.org](http://uwgk.org) or e-mail [info@unitedwayknox.org](mailto:info@unitedwayknox.org)

When you donate to United Way of Greater Knoxville, you know that your money is going to programs in Knoxville that improve the lives of people living in our community. We are the leading charitable institution in Knoxville representing the wishes of our donors through our program review and funding process.

Volunteers work year-round to carefully weigh the needs of the community to ensure generous contributions are used in the most efficient, effective manner possible by local community partners. We are working diligently to improve our grant process each year to create a more equitable process for all local nonprofits seeking funding.

Our Community Investment grants are designed to seed, scale or support effective organizations delivering programs and initiatives that address systemic and community challenges. The two-year community investment grants award funds to organizations delivering program efficacy and results in response to prioritized community needs in our impact areas.

Since 2020, United Way has distributed more than \$54 million dollars in funding to more than 155 partner organizations, with process including, but not limited to, outcomes-based grants, capacity building grants, Community Healing Fund, emergency food and shelter grants and distribution of CARES Act Direct Pay and ARPA funding.





**Volunteer Ministry Center**  
 511 North Broadway, Knoxville 37917  
 Visit [www.vmcinc.org](http://www.vmcinc.org) or call 865-524-3926



Volunteer Ministry Center “facilitates permanent supportive housing for those who are homeless and to provide services to prevent homelessness.”

The Center offers “specialized services to individuals experiencing homelessness and those within our community who are in crisis. VMC’s programs support its two-fold mission of facilitating permanent supportive housing for those who are homeless and providing services to prevent homelessness.”

Programs:  
 VMC operates four main programs: the VMC Resource Center “is a case management program that assists people in their efforts to work their way out of homelessness.”

Bush Family Refuge “serves individuals who are in crisis and who may be at risk of losing their housing.”

Minvilla Manor are 57 apartments “each inhabited by a former chronically homeless and disabled individual” offering “case management services on-site and 24-hour staffing.”

VMC Dental Clinic “uses professional dental clinicians to provide dental care and treatment to the homeless and low income of Knox County.”

To donate, click the red Donate button at the top middle of the web page.  
 To volunteer, click the Get Involved heading on the home web page. As an initial step, schedule a

“Get acquainted with VMC” session by contacting Chloe Johnson at [cjohnson@vmcinc.org](mailto:cjohnson@vmcinc.org) or by calling 865-524-3926, extension 230.

**YMCA of East Tennessee**  
 For more information, visit [ymcaknoxville.org](http://ymcaknoxville.org)



Founded in 1854, the YMCA of East Tennessee is a charitable organization working toward a better community for us all. Every day, the Y supports kids, adults, seniors and families with programs that connect, teach, protect, heal, nourish and encourage. We work side-by-side with our neighbors to make sure that everyone – regardless of age, income or background — has the opportunity to learn, grow and thrive.

Serving East Tennessee for more than 160 years, we know that lasting personal and social change comes about when we all work together. That’s why at the Y, strengthening community is our cause.

We are for youth development, for healthy living and for social responsibility. That’s because a strong community can only be achieved when we invest in our kids, our health and our neighbors in the following ways:

- Youth development: nurturing the potential of every child and teen.
- Healthy living: improving the nation’s health and well-being.
- Social responsibility: giving back and providing support to our neighbors.
- How we make a difference:
  - We strengthen the foundation of communities through:
    - Youth Development: Empowering young people to reach their full potential
    - Healthy Living: Improving individual and community well-being
    - Social Responsibility: Giving back and inspiring action in our communities

**Young-Williams Animal Center**  
 3201 Division Street, Knoxville, TN 37919, 865.433.YWAC  
 and  
**Young-Williams Animal Village**  
 6400 Kingston Pike, Knoxville, TN 37919, 865.433.YWAC  
[www.young-williams.org](http://www.young-williams.org)



At Young-Williams Animal Center, our mission is to lead the community to end pet homelessness, promote animal welfare and enhance the human-animal bond.

In 2018, Young-Williams Animal Center achieved for the first time in its history no-kill status. The definition of no-kill means saving all medically and behaviorally treatable animals and maintaining a save rate of 90 percent or more.

Young-Williams Animal Center relies on our committed and caring volunteers every day! Volunteers can participate in a variety of activities at either shelter location (Division Street and Kingston Pike), as well as throughout the year at special events and even in their own home. All potential volunteers must first complete the Volunteer Application found at [www.young-williams.org/volunteer/](http://www.young-williams.org/volunteer/)

The Foster Program is an essential component of our vision of A Home for Every Pet and is crucial for our commitment to maintaining “No-Kill” status. Our foster families save lives by providing temporary housing, opening up shelter space for the thousands of pets who enter the center’s care every year. Fosters also provide the extra care and attention often needed for very young animals and those receiving medical treatment. In 2023, our fosters cared for 2,938 pets! Visit [www.young-williams.org/foster/](http://www.young-williams.org/foster/) to sign up.

Young-Williams Animal Center welcomes donated items for use in the shelter. Visit [www.young-williams.org/wishlist/](http://www.young-williams.org/wishlist/) for a list of top current needs and wish lists. If you would like more information about making this type of donation or receiving tax credit for your donation, please contact via email at [development@young-williams.org](mailto:development@young-williams.org), text 865.265.0287, or call 865.433.9922 ext. 2007.

If you are interested in adopting, visit [www.young-williams.org/adopt/](http://www.young-williams.org/adopt/) to find your new best friend!



# GOING THE EXTRA MILE FOR YOU

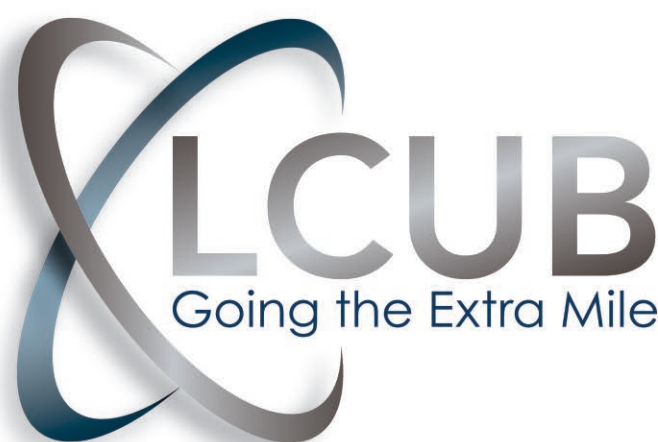
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