

Parade

SUNDAY, DECEMBER 11, 2016 | PARADE.COM



T · H · E

GIVING

I · S · S · U · E

There's a world of need out there, from aging research and children's cancer cures to the environment, vets and pets. How will you help this year?



— THE GIFT OF —
GIVING
AT **ALZ.ORG**

alzheimer's association®
THE BRAINS BEHIND SAVING YOURS.™

GIVE BACK

There's a world of need out there, from research on aging well and children's cancer cures to the environment, vets and pets. How will you help this year?

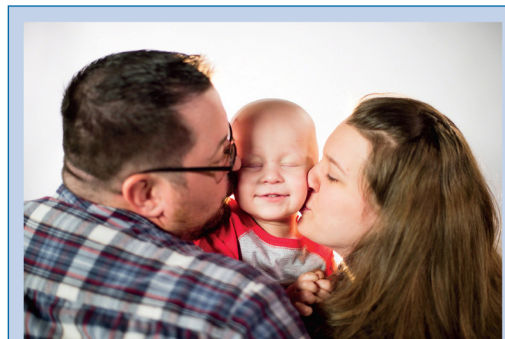
By Alison Gwinn

Giving back. It's what we do in this country, especially during the holidays. In 2015, our most generous year to date, Americans gave more than \$373 billion to charity, according to the Giving USA Foundation's Annual Report on Philanthropy. We continue to raise the bar when it comes to generosity—that was the sixth consecutive year that the amount individuals gave went up. If you'd like to give this year—your dollars, your time, your talents—but don't know where to begin, here are 22 top-rated charities that need your help to continue their good work. And go to Parade.com/giving for more charities and smart giving do's and don'ts.

KIDS & EDUCATION

Cures for kids

St. Jude Children's Research Hospital, located in Memphis, Tenn., is one of the world's premier pediatric cancer research centers. At St. Jude, children with cancer and other catastrophic diseases are treated at no cost to their family. The groundbreaking research at St. Jude has pushed the survival rate for childhood cancer from less than 20 percent when the hospital was founded in 1962 to more than 80 percent today. stjude.org



"It's amazing that in the midst of the greatest stress of my entire life, having a child undergoing treatment for cancer, I've never been less worried about day-to-day things," says **Katie Purchase**, whose son **Gideon**, 1, is a patient at St. Jude. "Those concerns evaporate at St. Jude, because St. Jude is a place of hope. There's no better place to be."

Help a child learn to read

"The American Dream is about equal opportunity for everyone who works hard," says **Barbara Bush**. "If we don't give everyone the ability to

simply read and write, then we aren't giving everyone an equal chance to succeed." That basic belief is why the former first lady launched the **Barbara Bush Foundation for Family Literacy** more than a quarter century ago. Since then, the nonprofit has focused on early childhood education for preschoolers and adult literacy for their parents in a country in which one in four adults cannot read above the fifth-grade level. barbarabush.org

Get kids learning

Step Up for Students, based in Jacksonville, Fla., is a nonprofit scholarship program that focuses on low-income or special-needs kids who require financial help for education. Step Up has awarded scholarships to 92,344 economically disadvantaged students during the 2016–2017 school year. stepupforstudents.org

IN THE NEWS

Support Haitian victims

October's Hurricane Matthew was devastating to Haiti, the Western Hemisphere's poorest nation, which is still trying to rebuild after the 2010 earthquake. Pittsburgh-based **Brother's Brother Foundation** spends 99.6 percent of its budget on programs and

services and has sent over \$4 billion in medical supplies and pharmaceuticals, textbooks, food, seeds and other materials to more than 149 countries (including Haiti) since 1958. brothersbrother.org

Help Louisianans hurt by the flood

With boots on the ground in a state devastated by flooding in August, the **Baton Rouge Area Foundation** has already provided \$1.6 million to local nonprofits helping flood victims. Workers also visit shelters housing evacuees and assist companies that are starting employee assistance funds. braf.org

Honor our immigrant ancestors

Launched in 1982 at the urging of President Ronald Reagan and funded entirely by individuals (not the government), the **Statue of Liberty–Ellis Island Foundation** in New York works to preserve the 130-year-old Statue of Liberty and Ellis Island and also publishes books and CDs about the history of immigration. More than \$700 million has been contributed to repair, restore and maintain the landmarks. libertyellisfoundation.org

PEOPLE WITH DISABILITIES

Lend a hand

Helping open doors. Picking up needed objects. Pulling wheelchairs. Those are some of the life-enhancing duties performed by the dogs from **Paws With a Cause**, based in Wayland, Mich. The organization custom-trains its canines for people with a range of disabilities, from debilitating illness and deafness to seizure disorders and autism. Host a mama or papa dog, raise a foster puppy or create a "birthday campaign" to help raise money. pawswithacause.org

VETERANS

Lift up wounded vets

Of the many worthy organizations serving veterans, the **DAV (Disabled American Veterans) Charitable Service Trust**, based in Cold Spring, Ky., is on the front lines providing health care to veterans suffering from post-traumatic stress disorder (PTSD), traumatic brain injuries, substance abuse issues, amputations, spinal cord injuries and more. The group also provides free

transportation to VA facilities, promotes the hiring of veterans through job fairs and runs mobile service offices to rural towns to assist vets. cst.dav.org

Give hope to challenged vets

The nonprofit **K9s for Warriors** pairs trained service dogs with military veterans facing challenges such as service-related PTSD. k9sforwarriors.org



"The day that I got Corey, I felt this sense of calm come over me," says **Senior Master Sgt. LaWanna Viers**, who was prescribed a service dog by her Veterans Affairs doctor. "When I saw her eyes, I knew everything was going to be OK."

Walk in the path of history

Gettysburg. Fredericksburg. Chancellorsville. The **Civil War Trust**, based in Washington, D.C., and celebrating its 30th year in 2017, has done more than save hallowed land at battlefields in 21 states. It also hosts Civil War events, conducts tours, creates lesson plans and has created a Civil War Discovery Trail for amateur historians to explore. civilwar.org

Help our special ops forces

The mission of the **Navy SEAL Foundation**, based in Virginia Beach, Va., is to provide support tailored specifically for SEALs and their families through educational opportunities, help with transitions, tragedy assistance and other programs. navysealfoundation.org

Helping Kids: A Thomas Tradition

"Give thanks for the healthy kids in your life, and give to those who are not," says actress **Marlo Thomas**, 79, national outreach director of **St. Jude Children's Research Hospital** in Memphis, Tenn. The hospital, started by her father, entertainer Danny



Thomas, in 1962, is now a leader in developing improved treatments for children with cancer.

"My father grew up very poor. Children in his neighborhood died of influenza or appendicitis," says Thomas. "He wanted to do something for those families." Her father also built the hospital to give thanks for his success and to fulfill a promise he made in a prayer to St. Jude, the patron saint of hopeless causes, whom he credits with giving direction to his life.

"Nobody pays," says Thomas. "We have to raise 78 percent of our funds from the public." That makes fundraising very important, including the annual **Thanks and Giving** campaign that she and her brother, Tony, and sister, Terre, kicked off in 2004 to raise funds during November and December. The campaign, where people give by adding donations at checkout or by purchasing specialty items at participating retailers, has raised \$700 million to date.

"We not only treat children at St. Jude, but we are doing the research with which to treat them and sharing our discoveries and protocols with the entire world," says Thomas. "Giving to St. Jude is like an insurance policy. You're giving so people can continue to look for cures so that every child will be saved." —M.B. Roberts

Visit Parade.com/stjude to read more about the pioneering actress we remember as *That Girl*.

continued on page 10

ANIMALS

Save a duck

The California Waterfowl Association, based in Roseville, Calif., works to conserve California's waterfowl, wetland and hunting heritage. During the past 20-plus years, the state-wide nonprofit has protected or restored almost a half million acres of habitat for birds and animals, hatched three-quarters of a million ducklings and banded more than 250,000 other waterfowl. calwaterfowl.org

Rescue future rescue dogs

Do good twice: **The National Disaster Search Dog Foundation**, based in Santa Paula, Calif., recruits rescue dogs, puts them through training, then pairs them (for free) with firefighters and other first responders to help find victims buried by natural disasters like earthquakes. searchdogfoundation.org

THE ARTS

Get in tune with musicians

American musicians have a proud history of helping the needy, and **MusiCares** (based in New York, Nashville and Santa Monica, Calif.) carries on that tradition by providing a safety net—covering financial, medical and personal emergencies, including the recent Louisiana floods—for musicians. It also honors performers (like Tom Petty in 2017) for their charitable work. grammy.org

Support Western culture

If you've always had a hankering for all things Western, **Buffalo Bill Center of the West**, in Cody,

continued on page 12

Wyo., pays homage to the famed American scout and showman and also includes collections of Western art (from sculptor Frederic Remington to painter Albert Bierstadt), old frontier firearms and Plains Indian artifacts while supporting research in Western studies and nature trips (for both students and adults) in the Greater Yellowstone area. centerofthewest.org

THE ELDERLY

Support Alzheimer's disease research

The leading voluntary health organization in Alzheimer's care and research, the Chicago-based **Alzheimer's Association**, sponsors local chapters nationwide to support patients and their families (as well as a 24-hour help line), helps patients, caregivers and doctors find clinical studies and also runs a peer-reviewed research grant program to fund new research. alz.org

THE HUNGRY

Feed families

In a country where an estimated 13 million children are hungry, **Hunger Free America** (once known as the New York City Coalition Against Hunger) works with elected officials on anti-hunger policies, connecting the needy with federal nutrition assistance (including providing a hotline for people in need of food), providing subsidies to help poor families get access to fresh food and

recruiting volunteers. hungerfreeamerica.org

THE ENVIRONMENT

Protect endangered species

Working to protect animals (like the Tanintharyi tiger and hawksbill turtle) and plants (like the magnolia grandis and the cork oak tree), **Fauna & Flora International**, with a base in Chevy Chase, Md.,



"Who wouldn't try to help their mother as she goes through one of the most difficult things in her life?" says Alzheimer's Association Celebrity Champion **Richard Lui**. The NBC and MSNBC anchor works weekends so he can travel back to San Francisco during the week to help his mother care for his father, who has the disease. "It's so obvious to me that if something like this happened to me, my parents would care for me the same exact way."

celebrates biodiversity by monitoring threatened species and protecting habitats. fauna-flora.org

Protect the planet

The Rocky Mountain Institute, based in Basalt, Colo., seeks practical, market-based solutions to climate change. The organization collaborates with large companies, the military and the government with the goal of reducing carbon emissions globally, cutting U.S. electrical use and making

buildings (and communities) more energy efficient. rmi.org

INTERNATIONAL

Educate kids in India

Asha for Education is a volunteer-run, secular nonprofit that has supported more than 900 projects for underprivileged children in India in the last 23 years. Its goal is to make sure all children have access to education, health care and good nutrition. new.ashanet.org

Protect folk arts worldwide

With the goal of preserving living folk art traditions, the **International Folk Art Alliance**, based in Santa Fe, N.M., supports artists, improves education for children and promotes thriving cultural traditions. It also sponsors Passport to Folk Art trips to places like Rwanda and Colombia, recently produced a documentary on Madagascar's silk artisans and administers the renowned annual Folk Art Market (July 14–16, 2017, in Santa Fe). folkartalliance.org

Help Syrian and other refugees

With a "platform for realizing the goodwill of everyday people," the **American Refugee Committee**, which launched in 1979 to aid refugees on the Thai-Cambodian border, responds to refugee needs worldwide, including Rwanda, Somalia, Sudan and Syria. It provides emergency housing, health care (including immunizations, sanitation, clean water and reproductive care), education, legal services and counseling. arcrelief.org

How do you **#giveback**? Share your good deeds on social media.