



November 2024

It has been a difficult year. Devastation in Ukraine and the Middle East, and natural disasters and political tension at home. NYC residents and migrants are hungry. There are many calls on our compassion and support.

Close to home, generous Heart & Soul donors like you have helped volunteers and program leaders address some of these needs in NYC.

Year after year Monday Night Hospitality and Friday Soup Kitchen provide their guests with hundreds of meals weekly. Indoor service, with glasses, china and silverware has resumed on Monday nights. Gotham Food Pantry and Grassroots Grocery distribute surplus food to those who need and rely on it.

Team TLC NYC operates the Little Shop of Kindness on the Upper East Side that invites migrants and asylum seekers to “shop” free of charge and facilitates access to other services. HousingPlus provides children living in supportive housing with needed school supplies.

The New Amsterdam Boys & Girls Choir and Musica Viva Outreach help youth express themselves musically and develop leadership skills.

Uptown Paddling gets children from Washington Heights and the Bronx onto the Hudson on kayaks, gaining water skills and achievement. Navigators USA has grown from a still-thriving East Harlem group to 414 chapters facilitating outdoor adventure for girls and boys across the nation and beyond.

These are some of the efforts that your generosity has made possible. **Your continued support is ever so important.**

A handwritten signature in black ink that reads "Jeff Friedlander".

on behalf of the Board of the
Heart & Soul Charitable Fund Inc.



Will you donate today? Your generosity makes a difference in the lives of people in our community. By supporting Heart & Soul, you'll provide essential funds for programs to continue their efforts and expand their reach.

For more information or to make an online donation, please visit
<https://heartandsoulfund.org/contribute/>

Monday Night Hospitality | Friday Soup Kitchen
Grassroots Grocery | Musica Viva | Gotham Food Pantry
Uptown Paddling | HousingPlus | Navigators USA
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YSOP

