



2022 Annual Report

Our Mission

Gifts of Hope Unlimited (GOHU) is a non-profit 501(c)(3) organization that supports those impacted by relationship violence by providing financial assistance, home resources, and community-focused initiatives as a step towards a safe and empowered future.

Who We Serve

GOHU is a Metrowest Boston-based organization that assists individuals and families impacted by relationship violence. GOHU partners with local organizations in neighboring communities to provide ongoing support and respond to urgent requests. Our activities allow impacted families to focus on creating a safer environment as they establish a new normalcy.

Our Commitment

GOHU does not, by policy or practice, discriminate against a person or group on the basis of race, color, religion, gender, sexual orientation, national origin, age, disability, gender identity and expression, marital or military status, or based on any individual's status in any group or class protected by applicable federal, state, or local law.

The Statistics Tell a Horrifying Story

Several reports were published in 2022 that showed the epidemic proportion of domestic violence in our country, our state and our community. Domestic violence affects all demographics and socioeconomic groups. The problem is so pervasive nationwide that the National Coalition Against Domestic Violence (NCADV, ncadv.org) and Domestic Violence Hotline (thehotline.org) joined forces to create more comprehensive approach to support survivors. The NCADV report the following statistics (<https://ncadv.org/STATISTICS>):

- On average, nearly 20 people per minute are abused by an intimate partner in the US.
- 1 in 4 women and 1 in 9 men experience violence in various forms from an intimate partner.
- The presence of a gun increases the risk of homicide by 500%.
- Intimate partner violence accounts for 15% of violent crime.
- Only 34% of victims of domestic violence receive medical care for their injuries.

The Violence Policy Center (www.vpc.org) published their report [When Men Murder Women, An Analysis of 2020 Homicide Data](#). Nationwide, 89% of the women who were murdered knew their assailant. The VPC analyzed homicide data in every state in the US. Massachusetts is rated 47 of 50 at a

per capita rate of 0.51 homicides per 100,000 women. That translates to 18 women who were killed by a man in 2020. No death from violence is acceptable.

At Gifts of Hope Unlimited, we support survivors of intimate partner violence establish a new life for them and their family safe from the trauma of past experiences.

In 2022, we supported 80+ families. These families live in the MetroWest Boston area. Working with our partners, these families often relocate to new safer homes and require support in this transition. Many families live outside Sudbury and require initial support. Other families live in Sudbury and require monthly support. Our support helps them on their journey to a more empowered future.

Our Organization

We have an all-volunteer 12-member board and a 4-member advisory board. The board meets monthly and the advisory board meets as needed. Volunteers, in addition to members of the board, help in many facets of our mission. We became a 501c3 organization in 2016 and we use the calendar year for our fiscal year.

Thanks to Karin Gaffney for Her Leadership

We want to acknowledge and thank Karin Gaffney for her years of service to the Board. Initially serving as a board member, Karin was elected to be our second president in 2019 following Marilyn Ellsworth's tenure. Karin's leadership helped us navigate the turbulent waters of the COVID pandemic. While many people transitioned to life at home with their families, our GOHU clients needed continued and increased support. With Karin's guidance, we successfully received more grant funding and donations to support our clients. Karin served until 2022 and we wish her well in her new endeavors.

Welcome Terry Rushfirth as Our New President

Terry Rushfirth was elected to a two-year term as president in May 2022. Terry is a retired business executive/lawyer who has lived in Sudbury for over 30 years. He has been active in many Sudbury volunteer organizations, including the Sudbury Food Pantry.

GOHU Board Members

Terry Rushfirth – President

Robin Kapiloff – Vice President

Karen Cohen – Director

Arvind Goyal -- Treasurer

Marilyn Ellsworth – Assistant Treasurer

Siddhartha Goyal – Secretary

Bonnie Glass - Director

Colleen Keelan - Director

Kelly Finn - Director

Nadene Worth- Director

Diana Lannon – Director

Gail-Ann Simon - Director

GOHU Advisory Board Member

Alice Sapienza

Amy Unckless

Deborah B. Kenealy

Len Simon

Thank you to our VOLUNTEERS!

We are only as good as our volunteers. They are the backbone of what we do. Volunteers organize and manage the warehouse, welcome clients to the warehouse, respond to client's needs, deliver products to clients, review financial requests from clients, organize fundraisers and other community outreach. Many of our board members are active in client-focused work. According to Independent Sector

(www.independentsector.org), the current estimated value of national volunteer hour is \$29.95 and exceeds \$36/hour in Massachusetts. They calculate this by researching all hourly rates for non-supervisory private sector labor data from the Bureau of Labor Statistics (BLS).

Our Web of Support Empowers Survivors

Survivors are supported by partners of Gifts of Hope, including the local police department and the social workers when they initially escape the abusive situation. Once they are ready for our help, our partners reach out to us confidentially. We then jump into action to support the survivors as they start to setup their new life free of the violence. Our support is multifaceted including monthly support through gift cards, product support from our warehouse and financial support for larger expenses such as rent, utilities, etc.

Every Family is Important and Respected

We focus our efforts in the Greater Metro West region of Boston. We support families in Sudbury, Framingham, Maynard, Littleton, Waltham, Worcester and Boston. Families currently living in shelters operated by our partners may relocate to additional towns and our aim is to provide support with these relocations. Our partners include REACH Beyond Domestic Violence (Waltham), Voices Against Violence (Framingham), RIA House (Framingham), and the Domestic Violence Services Network (regional partner).

We supported over 80 families in 2022. Almost half of these families (40 families) needed goods and clothing, but did not relocate from their current living situation. About one quarter of the families (22 families) relocated from shelters to other communities outside of Sudbury. Some families relocate as far away as Fitchburg where they could find an affordable apartment. After their initial visit to our warehouse, they are often unable to get to us for more support due to lack of transportation. They are welcome whenever they can get to us. Another quarter of our families (22 families) are in Sudbury and need regular support on their journey to a more empowered life. We have been supporting many of these families since March 2020. The pandemic isn't over yet and these families still need our help.

During the Mass and Cass crisis in Boston we served several women who left the streets for a safe shelter. Since that time, we have continued to serve this population and have helped some to establish their own space in a shared apartment living facility.

As the school year came to a close, we offered Spring and summer clothing to campers as well as new water bottles, sunscreen, beach towels, and bug spray. Most of the campers are on scholarship, and these items help to make camp possible.



Product Support to Fill the Home

We could not fulfill our mission without a place to store our donations. We are grateful to Werner Gossels for providing our 1,600-square-foot warehouse rent-free. Staffed by dedicated volunteers, we logged 250 family visits, representing 320 children, to our warehouse in 2022. On average, our warehouse volunteers welcome 5 families every week for their 'shopping spree' of donated and purchased clothing, linens, kitchen essentials, and other household items. Due to transportation and time constraints, volunteers often select items based on a family's list of needs and deliver these items. We purchase any needed items that are not in stock.

Household Goods in Acton is one of our partners. They offer furniture to help people make a home. With the aid of some strong volunteers, we donated our furniture inventory to Household Goods in 2022 to make more space for other items our families need.

We know we've been successful when parents send school photos of their children wearing clothing chosen from our selections. We see families finding boots, shoes, scarves, hats, mittens, and warm winter clothing on their visit to the warehouse. We hear a lot of expressions of disbelief that families can choose anything in the warehouse for their own new home or clothing for themselves. Laughter and tears are all very common. Volunteers are carefully chosen for their warmth, respect, and understanding of long-standing trauma. The warehouse is a peaceful, welcoming space for all who seek help.

Financial Support for a Reliable Future

We provide financial assistance to survivors in order to avoid eviction or homelessness and to meet other needs that will help them move forward to personal independence. As we move on from the demands and limitations posed by the Covid pandemic, we are looking to expand assistance for survivors seeking to improve their educational, professional or vocational opportunities. A separate finance committee reviews requests from survivors to provide confidentiality and consistency of review.

We are very grateful to the Goyal family who have created an education fund to support the head of household who wants to continue their education.

Our Community Supporting Survivors

We are indebted to the greater Sudbury community for helping us achieve our mission. When we put out the call for donations through social media, the community responds. We held several product drives as well as fundraisers in 2022 and we are humbled by the community response.

For the past 3 years, Grayden, aged 11 years, has done odd jobs to raise money to buy holiday gifts for our clients. He has shown us all how one person can make the difference in the life of others. Thank you Grayden for your selflessness!



The team of Taylor Archambault, Leah Archambault, Ainsley Porter, and Julia Toscano, led by Caroline Archambault, donated over 100 pieces of high-end children's clothing. Thank you, ladies, for your selflessness!

Financial Donations from Nalini's Circle of Friends

We continue to remember the inspiration of Nalini Goyal by creating Nalini's Circle of Friends to receive financial donations. These Friends have pledged to make annual donations to GOHU. We work to continue to follow her leadership in supporting survivors of domestic violence.

Community Groups Continued to Support GOHU

We are eternally grateful for the community groups who have continued to support us in 2022.

- Our third annual *Fill the Basket Campaign* in December, promoted by the League of Women Voters of Sudbury, helped us to keep the warehouse supplied with paper goods, cleaning items, and health care items as well as to buy small appliances, new bedding, shower mats and curtains, and bath towels.
- The Sudbury History Center Museum hosted a winter clothing donation box during the holiday shopping season. They collected a large quantity of coats, hats, mittens, and other winter wear.
- Hope and Comfort of Needham donated 24 backpacks from Ocean State Job Lot to children in our families.
- CocoTree Kids is a new non-profit in Natick that purchases new underwear for non-profits for kids ages 2-14. They donate quarterly, and we have received 2 donations of 90 sets of underwear.
- Sudbury Extended Day collected winter wear garments. They also purchased bed linens, small appliances, and gift cards.
- A member of the Sudbury Planning Board staff donated a large quantity of hand knit and crochets scarves and hats.
- A local book club rallied to collect holiday gifts for 20 families.
- In an emergency request for help from a grandmother to get gifts for her adult children and several grandchildren, a board member quickly rallied her friend's network and found all the items on the grandmother's wish list for a happy celebration of a family that had been separated because of relationship violence.

GOHU Returns the Favor and Supports Other Initiatives

It takes a village to support the needs of the community and we understand this. While many organizations support our initiatives, we support other initiatives also. Through our social media presence, we promoted the *Shower the Shelter* drive sponsored by the Sudbury Wayland Lincoln Domestic Violence Roundtable and the *Stamp Out Hunger* food drive by the US Postal Service to support the Sudbury Food Pantry.

Maintaining an Active Presence for Sudbury

There is an active network of non-profit organizations in Sudbury and it is great to see them come together for a common purpose.

The 4th of July is a big day for our nation and in Sudbury. After a pandemic break, Sudbury welcomed the parade back. We celebrated with the community and walked in the parade. It was great to see so many residents line the streets and hear their support as we walked by.

The Sudbury Foundation held their annual Doing Good Fair at the Goodnow Library in November. Over 50 community, non-profit groups and town departments came together to engage with residents. GOHU was there and appreciated residents who stopped by to learn how they can be involved.

For the first time ever, we decorated a room at the Hosmer House for the annual holiday open house. It was great to see so many residents come through and see the decorations created by so many non-profits in Sudbury. It is a great holiday tradition and we are glad to see it come back after the pandemic.

Listen to Our Survivors

As an organization, our focus is on the needs of our survivors. It is great when we hear back from them.

Here is an excerpt from a particularly powerful one:

"It has been a year and a half since I moved here due to domestic violence. Every time I was in need, you always helped and never said "no." Sometimes I asked myself, "Why are they so nice? Do I deserve this?" When shame, guilt, doubt and troubled times are all you feel, it can be hard to accept from others. For this, I am grateful, grateful to know that there are REALLY good people in the world. Your willingness to help has uplifted me and for that, I will always give back in your honor."



Financial Facts

Our overall financial position is good. With total income for 2022 of \$59,048, total expenses of \$57,465 we had a net income of \$1,583. Most of our income was from donations (65%), 14% from grants and 11% from fundraisers. We are grateful for the new Education Fund representing 8% of our income. Expenses mirror our mission with 87% used for direct client support, 8% for warehouse needs and 6% for miscellaneous expenses.

A special thanks to Werner Gossels for providing us our warehouse rent-free and the First Baptist Church of Sudbury for donating a parked storage trailer on their property. Without both, we couldn't fulfill our mission.

Special Thanks to our Donors and Grant Makers

We could not do what we do without donations from individuals and grants. From smaller donations to anonymous larger donations, all are very important to us. Thank you!

A special Thank You to LACI Homeschoolers Association. After their decision to cease operations, the Massachusetts Attorney General recommended they merge with another nonprofit organization. We are grateful they chose us for this merger in this mutually beneficial arrangement.

We are grateful for the support from local grant makers including the Sudbury Foundation, Town Fair Charitable Foundation, and the Sudbury Presbyterian Church.

Balance Sheet (as of 1/1/2023, Cash basis)

ASSETS

Cash and Bank Accounts	
Middlesex Savings Bank (Checking)	\$ 10,122.50
Rainy Day Fund (Fidelity)	\$ 76,204.25
Fidelity investment income	\$ 936.94
Paypal Balance	\$ 10,806.39
FaceBook Balance	\$ -
TOTAL Cash and Bank Accounts	\$ 98,070.08
Gift Cards	\$ -

TOTAL ASSETS	\$ 98,070.08
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LIABILITIES & EQUITY

LIABILITIES	\$ -
EQUITY	\$ 98,070.08

TOTAL LIABILITIES & EQUITY	\$ 98,070.08
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Income Statement (1/1/2022 – 12/31/2022)

INCOME

Donations - Board Members (Cash)	\$	630.90
Donations - Individuals	\$	13,862.33
Donation from LACI (Merged Entity)	\$	11,554.78
Nalini Circle of Friends	\$	12,252.65
Grants- Organizations	\$	8,500.00
Fidelity Investment Income	\$	936.94
Fund Raisers	\$	6,310.40
Education Fund	\$	5,000.00
TOTAL INCOME	\$	59,048.00

EXPENSES

Client support related Expenses

Indirect donations for Clients (Gift Cards)	\$	26,286.20
Goods bought for Clients	\$	13,659.05
Direct Payments on behalf of Clients	\$	9,900.97
Total Client Support	\$	49,846.22

Warehouse

Rent	\$	-
Expenses (Utilities)	\$	3,327.96
Warehouse help & supplies	\$	1,078.07
Total Warehouse Expenses	\$	4,406.03

Fund Raising expenses	\$	-
Marketing	\$	1,085.29
Government Filings	\$	-
Misc. Expenses	\$	2,127.36

TOTAL EXPENSES	\$	57,464.90
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NET INCOME FOR THE YEAR	\$	1,583.10
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