

# Vitamin Relief USA

## Vitamin Relief USA

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## VRUSA Hurricane Relief Effort Continues For Thousands Still In Need

Vitamin Relief USA (VRUSA) began its relief effort soon after Hurricane Katrina landed in late August. Since then it has provided over 13 million nutritional supplements to hurricane victims.

Distribution partners such as Principal Bessie Gardner of Ruleville Elementary in Ruleville, MS urgently requested vitamins for the evacuees pouring into already impoverished areas. Ms. Gardner hoped to help them cope with their loss, their trauma and to avoid illness.

Tishcon Corp, Wyeth International, Healthy Alternatives, Nutra, Natural Alternatives International, Ampak, Bruchem, DSM Nutritional, Flavor Savor, Lanco York, Mini Graphics, P.I.L., Package All, Particle Dynamics, and Tim Plastics all stepped forward with great generosity supplying VRUSA with adult and children's multi-vitamins for the hurricane victims.

Distribution of the donated supplements to some remote areas in Mississippi required almost heroic efforts.

Ms. Gardner, for instance, scoured her neighboring area for a van or bus to transport VRUSA multi-vitamins and food to hundreds of neglected Katrina victims in the Pearl River area of the Gulf Coast.

Though Katrina had devastated most homes, businesses and roads in late August, by early November most victims had received little relief from FEMA or the Red Cross.

Fortunately, Mother Brown of Cleveland, MS, loaned her bus to Ms. Gardner while the local Red Cross paid for the needed gas, the driver's time and meals for the Americorp volunteers who would accompany Ms. Gardner to the Gulf Coast.

Ms. Gardner and her volunteers drove over four hours in Mother Brown's bus to the Pilgrim Bound Baptist Church of Picayune, MS. There they arrived to cheers from Rev. Delbert Hall and local residents who had traveled from near and far to receive free food and vitamins.

Thanks to an unusual coalition: Bessie Gardner, Mother Brown, the Red Cross, Americorp Volunteers as well as Vitamin Re-



Temporary housing for many in Picayune, Mississippi is a tent.

lief USA, Tishcon Corp and Healthy Directions, residents of Picayune, MS happily accepted a year's supply of vitamins for each family member as well as much needed protein: packages of shelf stable salmon.

Ms. Gardner said, "The faces on the people we saw were like in third world countries. They looked shell shocked. But they were thrilled to receive the vitamins and food. The trip inspired all of us. We'll be back down soon with more vitamins to help other Gulf Coast towns."

(continued on page 2)

## Hurricane Relief (continued)



Picayune woman with vitamins donated by Healthy Directions.

The children's chewable vitamins received at Picayune were donated by Tishcon Corp and associates and were a part of the 6 million children's chewable vitamins Tishcon and friends contributed for Vitamin Relief USA's hurricane relief effort. Tens of thousands of bottles of these vitamins were also distributed through the Red Cross, Head Start programs in Mississippi as well as a network of 17 medical clinics serving hurricane victims in Houston, Texas.

Vitamin Relief USA provided Vitamin Angel Alliance with 50,000 bottles of the Tishcon donation. These have been distributed through FEMA Specialty Needs Centers, Emergency Medical Services in Louisiana and distribution centers in Texas, Louisiana and Mississippi.

Tishcon's donation is in addition to the over eight million children's vitamins Tishcon contributes annually to Vitamin Relief

USA's daily vitamin program serving over 17,000 at-risk children across 40 states.

Healthy Directions joined VRUSA's hurricane relief with its donation of over three hundred thousand adult vitamins for those in Picayune as well as hundreds of packages of salmon.

Natural Products International pledged almost three million children's chewable vitamins for students in a Mississippi Delta school district that was flattened by Katrina.

Wyeth International provided over 36,000 bottles of adult vitamins for parents of Head Start students in Mississippi and to evacuees from Louisiana relocated to Houston, TX. Reginald Brooks, CEO of the Spring Branch Community Health Center in Houston says, "There are tens of thousands of refugees from Louisiana still here in Houston. Now that the

shelters are closing down, they are making their way to the local medical clinics for help. These vitamins are a real blessing for them."

Nutra recently sent 6,000 bottles of children's chewable vitamins for kids hardest hit by Hurricane Rita in Broward County, Florida. There inner city families have been forced from their condemned homes to makeshift shelters throughout the area. According to VRUSA Program Officer Mary Morton, "Our distribution sites in the area report that the vitamins have been an important support for the children during this extremely challenging time."

VRUSA's Executive Director Michael Morton says, "Because the need is still so great in the areas ravaged by hurricanes, Vitamin Relief USA's Hurricane Relief will continue. All help is gratefully appreciated."

**You Can Provide a Malnourished Child with Daily Vitamins for One Year for Only \$36.50!**

Visit [www.vitaminrelief.org](http://www.vitaminrelief.org) to sponsor a child today.

## VRUSA Now Located in Ojai, California

This summer VRUSA made a move north to Ojai, California.

Tucked into a small valley just 12 miles from the California coast line in Ventura County, this beautiful setting is home to a socially responsible commu-

nity that easily appreciates the mission and values of Vitamin Relief USA.

"We are thrilled to be headquartered here in Ojai," says Michael Morton. "Our vision is to partner with local agencies

so that all those in need here in the Ojai Valley receive daily multi-vitamins. We would like to add to Ojai's already fine reputation as a center for nonprofits that make a difference."



## 2005 Accomplishments

- Distributed 19 million supplements in total to needy children, seniors and adults. This includes:
  - Daily vitamins to 17,000 at-risk children throughout 40 states.
- Over 27,000 bottles of multi-vitamins to at-risk adults
  - Daily vitamins to over 3,000 at-risk seniors
- Also, provided 13 million supplements to hurricane victims

## Vitamin Relief USA™ Welcomes New President Connie Whitaker & New Board Members

VRUSA President Gail Montgomery graciously passed the gavel making Vice President Connie Whitaker VRUSA's new president.

*Gail Montgomery* was an exemplary president during '04 and '05. During that time she was instrumental in forwarding the mission and programs of Vitamin Relief USA. VRUSA's presence in Washington D.C. dramatically increased as VRUSA expanded its Head Start program to include every Head Start child in the District of Columbia. The staff and board of VRUSA deeply thank Gail Montgomery for her leadership, vision and passion during the past two years, and are grateful for her

continued support and presence on the board.

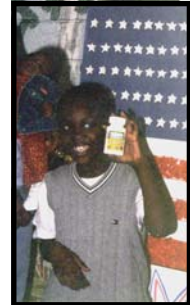
VRUSA warmly welcomes its new president *Connie Whitaker*. Ms. Whitaker has stepped into her position with enthusiasm already aligning the organization with important new allies. She says, "I'm very excited about being involved with such an incredible organization that is making a difference in so many people's lives, and I invite you to be a part of it."

VRUSA staff and returning board members also heartily welcome new board members Bonnie Dawson and Stephanie Rudat.

*Bonnie Dawson* is a certified nutrition counselor who has been involved in the field of

health for fifteen years, teaching health and fitness and practicing massage therapy. She owned and operated a private school for children, K -12th grade for ten years and is currently president of Bonfire, Inc. an investment company.

*Stephanie Rudat* holds a degree in Fine Arts from Chapman University and has worked in a wide variety of fields ranging from film production to real estate. She is the co-founder of Barons Real Estate and has shared her skills, expertise and passion with organizations such as Orangewood Children's Foundation, Secret Angel Foundation and the American Cancer Society.



## Please Help. The Need Is Far Greater Than Our Supplies!

Every day in the U.S. over 13 million children are hungry or at risk of hunger. Millions of American children are malnourished. The effects of malnutrition on growing children are devastating. Underdeveloped brain function, aggressive behavior, and chronic illnesses are just a few ways that malnutrition undermines a child's ability to become a successful adult.

Research tells us that daily multi-vitamins reverse the effects of malnutrition while dramatically improving the quality of life of at-risk children.

Vitamin Relief USA™ is proud to supply daily vitamins to over 17,000 at risk children every

But there are millions of sick, hungry children in America who still need help.

Providing daily vitamins through VRUSA costs only a dime a day per child. For only \$36.50, you can sponsor a child with the priceless gift of nutritional support for an entire year.

Give the gift of health. They will benefit for a lifetime.

To sponsor one or more children, please visit :

[www.vitaminrelief.org](http://www.vitaminrelief.org).

Thank you!





## Many Thanks To Our 2005 Supporters!

### **Guardian Angels (\$100,000 +)**

Raj K. Chopra/Tishcon Corp.  
Dr. Julian and Connie Whitaker  
George and Annette Klabin  
Natural Alternatives International (NAI)  
U.S. Congress/Dept of Education  
Wyeth Consumer Health Care

### **Platinum Angel (\$50,000 +)**

Healthy Directions  
Longevity Science  
NOW Health Group  
Nutra  
U.S. Pharmacopeia (USP)

### **Golden Angels (\$12,000 +)**

James Blum  
ConAgra Foods  
Giigle Foundation, Inc.  
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### **Silver Angels (\$6,000 +)**

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### **Angels (\$3,000 +)**

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Vitamin Relief USA is a 501(c)3 non-profit committed to improving the health status of children, seniors and adults at risk for malnutrition through vitamin supplementation.

Visit Vitamin Relief USA at: [www.vitaminrelief.org](http://www.vitaminrelief.org) or contact us at:

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