

Dear W.C.,

Over ten years ago you helped my husband and I when we lost our home and were going through a financial and health crisis. You saved us from homelessness and from losing our car. Then over a year ago, I lost my husband as his health never improved. He did not take to heart any of the suggestions you made for him to exercise and eat properly. It broke my heart that he could not change his life no matter how hard I tried. After talking to you I set a goal for myself to get in shape and lose the excess weight that made it impossible for me to work due to high blood pressure, breathing problems and diabetes. I quit smoking and lost over 70 lbs. I got my first job in over ten years after spending the last five years caring for my husband full time. It felt good to be getting myself out of debt from all the outstanding medical bills left from my husband. I have suffered a setback since losing my car. It was old and too expensive to repair. Since losing my transportation I am struggling to get to work every day. I have had to pay for Uber several times and this really eats into my tight budget. I also volunteer to drive some of my elderly neighbors to their doctors' appointments and grocery shopping but until I have reliable transportation I am unable to do this. I know you usually only help people one time but I remember you telling me if we made some strides in improving our health and lifestyle but found ourselves in trouble again that we could contact you. Well, sadly only one of us made the effort to improve ourselves and I am the only one still here to ask for help. I promise you your assistance with a car would help many of us in my apartment complex and allow me to continue to work and support myself. Thank you for everything.

Dear Readers,

I find many people struggling due to poor health. Often poor health is due to the habits and lifestyle they live. Drinking excess alcohol or soda, smoking, a lack of exercise and eating a poor diet all lead to many health conditions that make it difficult to work and support yourself. When people ask for assistance, they must be willing to put in the work to help themselves when physically possible.

After looking over my notes from ten years ago I remembered this husband and wife. He had been resistant to any of the suggestions I had made. The wife had asked many questions as it seemed no one had brought up the possibility that she could regain her health. While sad about the loss of her husband I was happy for the wife as she had done the hard work I had suggested.

I called the woman, and we talked for a long time as she shared with me all that she had been through over the past few years. She sounded healthy and with all the activities she was participating in, charity walks, helping her elderly and disabled neighbors with chores and transportation, working full-time, spending time with her five-year-old grandson and even fostering dogs for a rescue group, she would have to be healthy to do it all. The woman thanked me many times for the encouragement I had given her ten years ago to restore her health. This brought tears as she said, "I know I would not be here to see my grandson grow up if you had not told me to make those changes. For that I am eternally grateful."

It was difficult to move to reviewing her budget after that emotional conversation, but it was a necessary part of our talk. I saw with a small amount of additional help with paying off her utility bill, she would be able to pay off the remainder of the outstanding bills and have a fresh financial start. We also would provide her with a reliable used car that should allow her years of transportation to work and her other activities. With this help we have removed the stress of poverty for this wonderful woman and the many people she helps in her community.

Thank you and God Bless you for making this and all our poverty relief efforts possible.

*Health & Happiness, Love & GOD Bless Everyone, Sal*

**Please Help:** There are many coming to us in desperation. Our good fellow creations need our compassion. Together we make a big difference. Make checks payable to: The Time Is Now to Help, P.O. Box 1, Lake Geneva, WI 53147. The Time Is Now to Help is a federally recognized 501(c)3 charitable organization. You will receive a tax deductible, itemized thank you receipt showing how 100% of your donation was used for providing poverty relief.

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**Memorials:** Gregory and Jeanne Girard in memory of Donald Urich.

**Prayer Chain:** The power of prayer and positive thoughts comes from the true healer, our Lord answering our prayers. Please pray for healing for the following people: Bill, Brian, Mike, Sylvia, Megan, Kayla, Maria C., Judy, Scott, Annie, Marilyn, Brandon, Helen, Dennis, Mary, Joseph, Jordan, Jean, Tom L., Dr. Peter, Matthew, Pam E., Jenene B., John S., Patricia H., Wendy, Eric, Anthony, Mary, Charlie, Tom P., Christina, Billy, Mike, Cheryl, Bryan E., Betty, Ellie, Concetta, Cheryl, Kirubel M., Wanda L., Joan, Bruce and Andy.

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