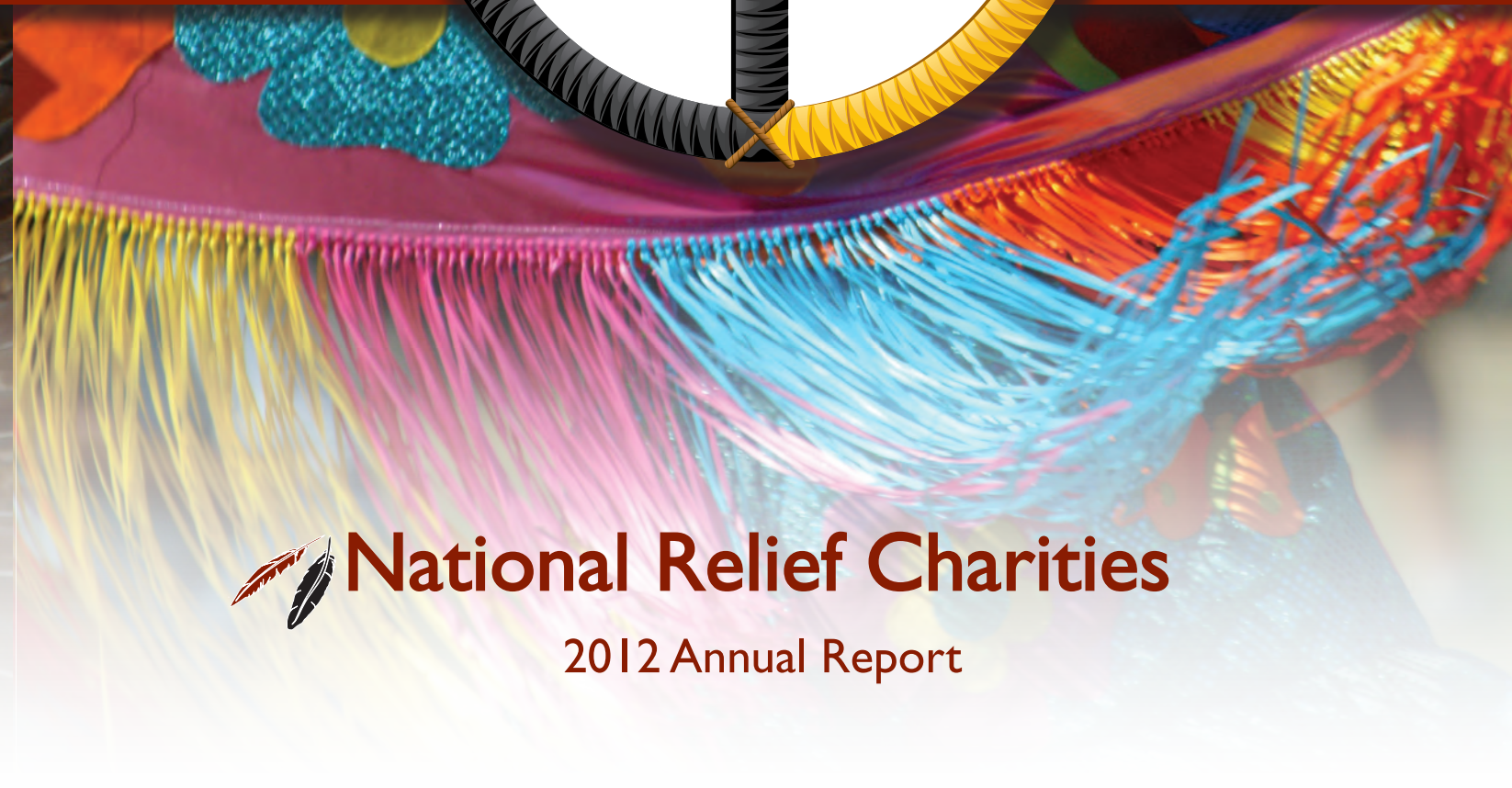
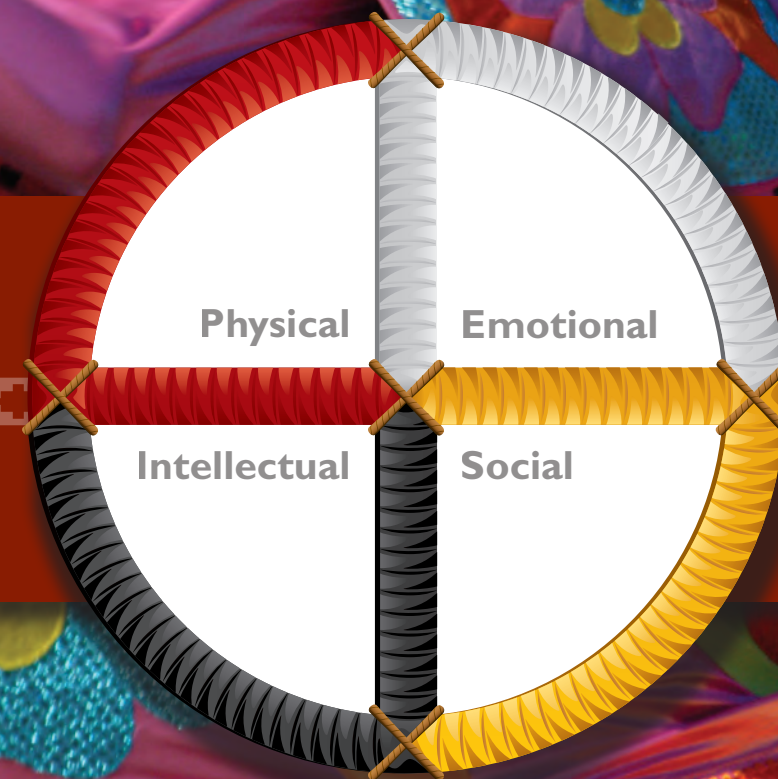




“The most important thing National Relief Charities provides for the reservations is hope...”

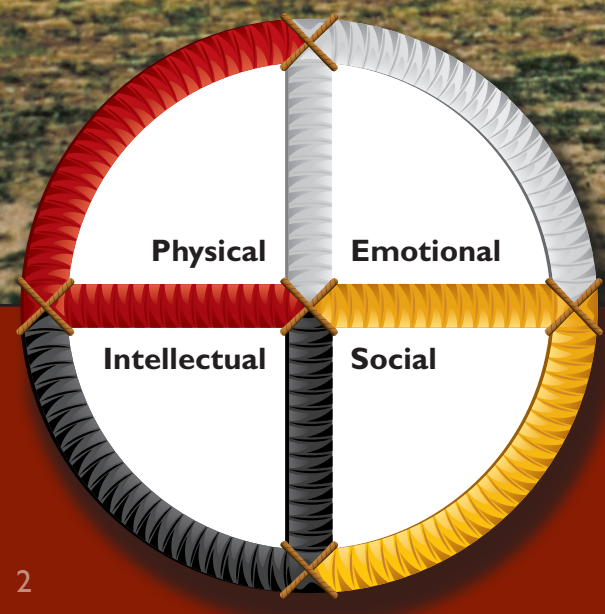


 **National Relief Charities**
 Building Strong, Self-Sufficient American Indian Communities

500 East Peyton Street • Sherman, TX 75090 • (800) 416-8102 • www.nrcprograms.org

 **National Relief Charities**

2012 Annual Report



Our Mission

To help Native American people improve the quality of their lives by providing opportunities for them to bring about positive changes in their communities

A Letter from Our President



On a daily basis, the Native American people we serve in the Southwest and Plains regions of the U.S. face poverty, unemployment, isolation and loss of hope on the reservations where they live. But they possess and greet each day with unparalleled spirit and commitment to make a difference in their lives and the lives of their people.

Addressing the many physical, social, intellectual and emotional needs and doing so with limited resources can be overwhelming. National Relief Charities (NRC) is inspired by the resilience and resourcefulness we witness in every reservation community that we serve.

In this report, we highlight the importance of balance in Native American cultures and how NRC works with our reservation partners for balance and wellness in their communities. These leaders and change agents collaborate with NRC because we share their commitment to create opportunities for a better life. However, with less than 1% of all charitable donations going to support Native American causes, more resources are needed.

It takes more than dollars to create positive lasting change, to build skills, improve nutrition and sponsor education. It takes commitment, focus and collaboration within the whole community to make a difference. NRC recruits people and organizations that bring compassion, resources and motivation to make the right things happen.

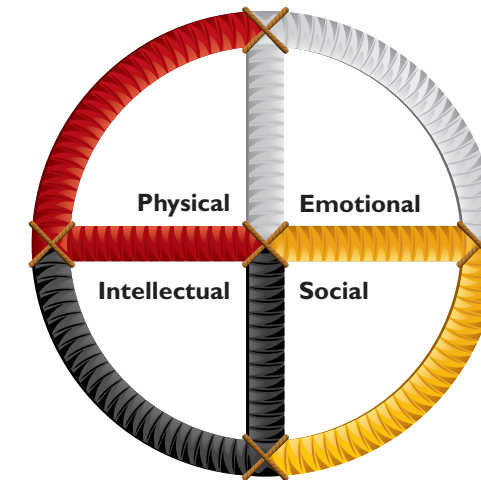
Highlights from 2012 include providing food for over 125,000 people, supplies for over 40,000 Native American students and healthcare products for over 400,000 participants. This is only a small part of what was accomplished.

Thank you to our reservation partners for trusting NRC to work with your communities. Thank you to our donors for understanding the importance of this work and contributing your critical financial support. Thank you to the NRC team for the energy and innovation you bring to our mission. Together in 2012, we helped improve quality of life for Native Americans living on 75 reservations in 11 states.

Robbi Rue Dietrich



Partners for Positive Change



The medicine wheel, sometimes known as the sacred hoop, has been used by generations of Native Americans as a guide to health and healing. It represents the Four Directions, which symbolize various dimensions of health and wellness. The concept of the medicine wheel is to develop a balanced life, including physical, emotional, intellectual and social wellness. This leads to individual strength and harmony, which then leads to stronger and healthier communities.

In many of the Native American communities NRC serves, the wheel is out of balance. A host of issues from teen suicide to malnutrition to chronic disease urgently need to be addressed to restore harmony and wellness to individuals, families and communities.

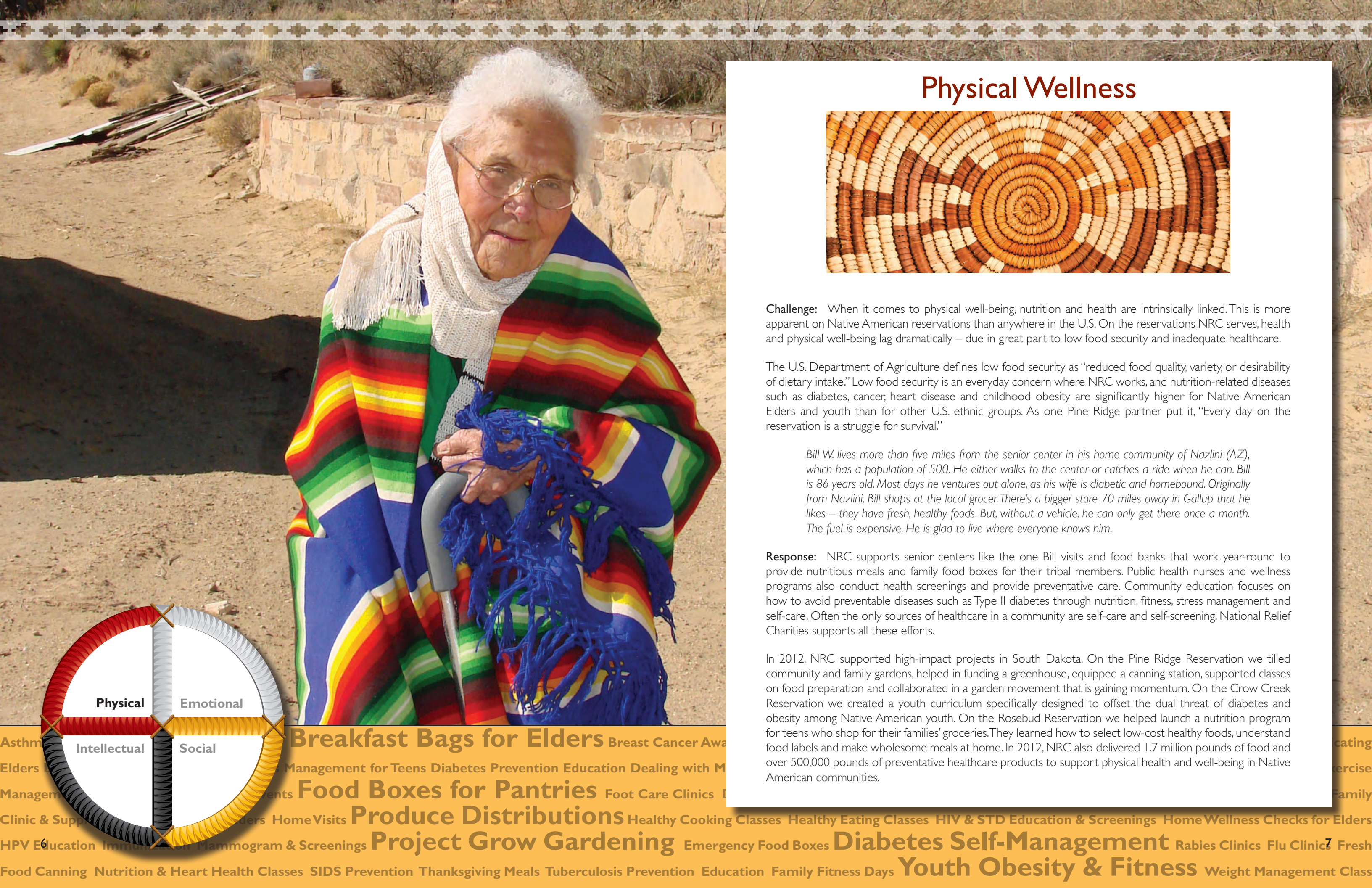
- Almost 23% of Native American households experience food insecurity
- Disease rates for Native people are 2 to 5 times that of other U.S. groups
- Life expectancy for Native men is 4 to 20 years lower than the U.S. average
- Unemployment ranges from 35% to 85%, depending on the reservation
- 30% to 40% of Native American children fall below poverty level
- Only 11% of Native students hold a college degree, less than half the national average

Pockets of poverty exist across the U.S., but on the reservations where NRC works, poverty is the norm, not the exception. There are many needs and few resources. Yet, NRC and our reservation partners address the needs in each dimension of the medicine wheel to build stronger and healthier communities.

Because NRC believes the best solutions to local issues come from within the community itself, we support the initiatives of over 1,000 organizations located on the reservations. The dedication and commitment of these partners, along with NRC's support, are creating positive change.

In 2012, NRC provided over \$30 million in support of basic humanitarian needs such as nutrition, education and training, preventative healthcare and emergency relief. It is a privilege to provide year-round support and enhance opportunities on these reservations.

The dual role of NRC is to respond to critical, immediate needs on the reservations, while supporting longer term, high-impact projects that create positive change in Native American communities.



Physical Wellness



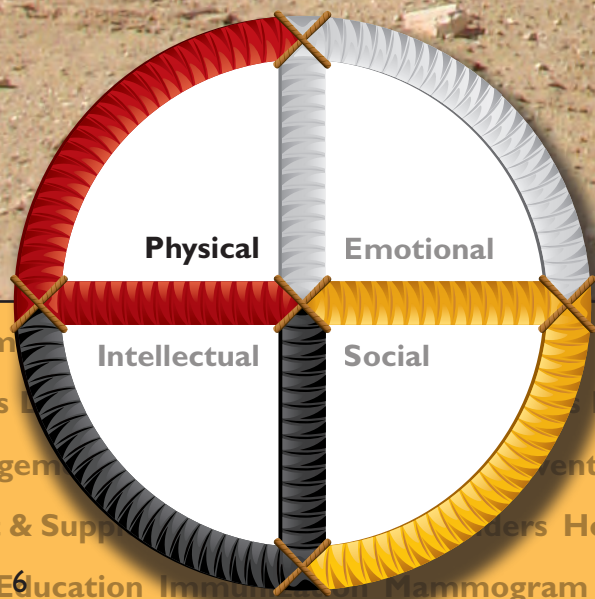
Challenge: When it comes to physical well-being, nutrition and health are intrinsically linked. This is more apparent on Native American reservations than anywhere in the U.S. On the reservations NRC serves, health and physical well-being lag dramatically – due in great part to low food security and inadequate healthcare.

The U.S. Department of Agriculture defines low food security as “reduced food quality, variety, or desirability of dietary intake.” Low food security is an everyday concern where NRC works, and nutrition-related diseases such as diabetes, cancer, heart disease and childhood obesity are significantly higher for Native American Elders and youth than for other U.S. ethnic groups. As one Pine Ridge partner put it, “Every day on the reservation is a struggle for survival.”

Bill W. lives more than five miles from the senior center in his home community of Nazlini (AZ), which has a population of 500. He either walks to the center or catches a ride when he can. Bill is 86 years old. Most days he ventures out alone, as his wife is diabetic and homebound. Originally from Nazlini, Bill shops at the local grocer. There’s a bigger store 70 miles away in Gallup that he likes – they have fresh, healthy foods. But, without a vehicle, he can only get there once a month. The fuel is expensive. He is glad to live where everyone knows him.

Response: NRC supports senior centers like the one Bill visits and food banks that work year-round to provide nutritious meals and family food boxes for their tribal members. Public health nurses and wellness programs also conduct health screenings and provide preventative care. Community education focuses on how to avoid preventable diseases such as Type II diabetes through nutrition, fitness, stress management and self-care. Often the only sources of healthcare in a community are self-care and self-screening. National Relief Charities supports all these efforts.

In 2012, NRC supported high-impact projects in South Dakota. On the Pine Ridge Reservation we tilled community and family gardens, helped in funding a greenhouse, equipped a canning station, supported classes on food preparation and collaborated in a garden movement that is gaining momentum. On the Crow Creek Reservation we created a youth curriculum specifically designed to offset the dual threat of diabetes and obesity among Native American youth. On the Rosebud Reservation we helped launch a nutrition program for teens who shop for their families’ groceries. They learned how to select low-cost healthy foods, understand food labels and make wholesome meals at home. In 2012, NRC also delivered 1.7 million pounds of food and over 500,000 pounds of preventative healthcare products to support physical health and well-being in Native American communities.



Breakfast Bags for Elders Breast Cancer Awareness

Management for Teens Diabetes Prevention Education Dealing with Mental Health

Food Boxes for Pantries Foot Care Clinics

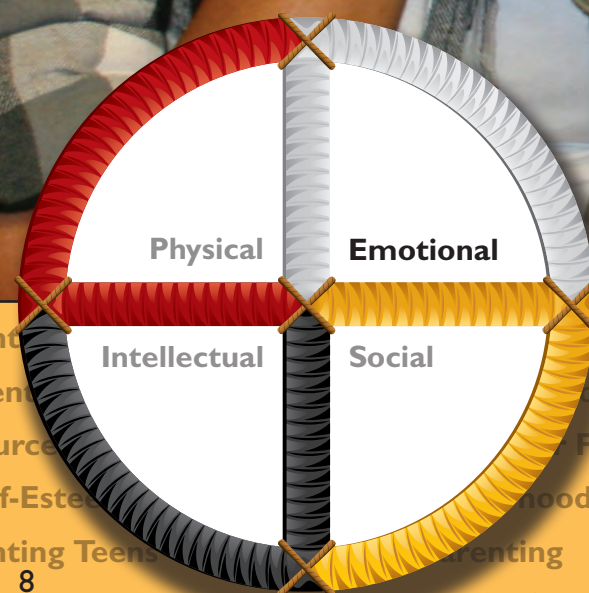
Produce Distributions Healthy Cooking Classes Healthy Eating Classes HIV & STD Education & Screenings Home Wellness Checks for Elders

Project Grow Gardening Emergency Food Boxes

Diabetes Self-Management Rabies Clinics Flu Clinic

Youth Obesity & Fitness Weight Management Class

Asthma Management for Elders Home Visits Home Wellness Checks for Elders HPV Education Immunizations Mammogram & Screenings Food Canning Nutrition & Heart Health Classes SIDS Prevention Thanksgiving Meals Tuberculosis Prevention Education Family Fitness Days



Emotional Wellness



Challenge: The emotional dimension of wellness involves awareness and appropriate expression of feelings. Emotionally well people maintain a generally optimistic approach to life, deal effectively with stress, have a strong self-image and take personal responsibility for their lives. Emotional wellness allows a person to enjoy life despite disappointments and frustrations. People without emotional wellness are less equipped to cope with the demands of daily life and the stress caused by poverty.

The World Health Organization identifies poverty as the greatest cause of suffering on earth. Poverty is a complex issue that involves the inability to satisfy basic needs, a lack of control over resources and isolation from information and support. By virtue of life circumstances, people who live in poverty are exposed to more emotional stress and have fewer resources with which to manage it. The effects lead to family disruption, crime, depression and suicide.

Sofia lives on the Pine Ridge Reservation in South Dakota (SD). She has a 9th grade education. She lives with seven cousins and siblings, her three daughters and her grandmother who is diabetic and in a wheelchair. Seriously overcrowded housing is common on many reservations. While pregnant with her third child, Sofia volunteered as a TANF (Temporary Assistance to Needy Families) worker for eight hours a day, as required to receive benefits. When her baby arrived a few weeks early, Sophia wasn't ready. She had no ride to the hospital; there is no public transportation, and the 40-minute ride in the ambulance in the snow was stressful. At least the roads were recently paved. Post-partum, Sofia was no longer able to work. She turned to WIC (the Women Infants Children program) to feed her children. Sofia wants to get her GED but motherhood is exhausting. She also feels responsible for taking care of her grandmother.

Response: Despite their high level of resilience, many Native Americans on the reservations struggle with the emotional and physical effects of multigenerational poverty. Through the involvement of NRC and our reservation partners, families like Sofia's receive the needed support to respond to difficult situations in their lives.

The products NRC provided in 2012 encouraged over 400,000 Native American people to attend classes on parenting, family counseling, coping skills and emotional wellness. These awareness and intervention services are creating healthier families and communities on the reservations.



Intellectual Wellness



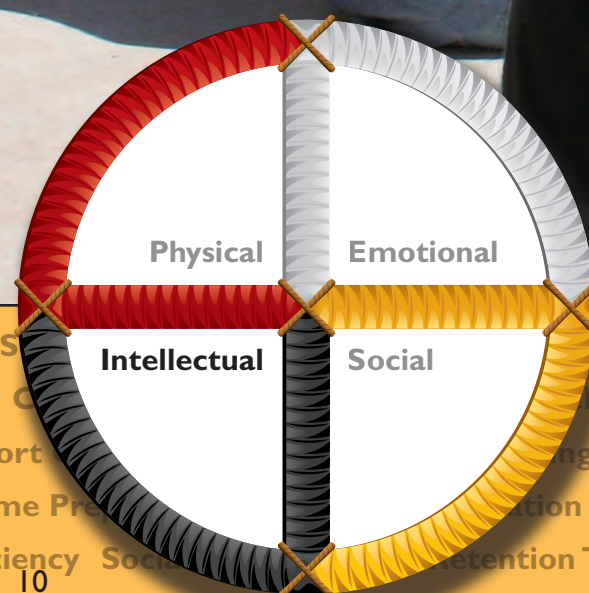
Challenge: Intellectual wellness is marked by people being interested in their communities and the world around them. Having opportunities to expand their knowledge and skills helps them discover their potential, learn to solve problems and serve others. In the isolated communities where NRC works, intellectual wellness is a starting point for breaking the cycle of poverty. Yet 30% to 70% of the students drop out of high school, due to hopelessness about attending college or finding a job. Adults also face obstacles in expanding their skills. One partner said, "The more effective I am, the more I can help my people, but training is scarce or not in the budget."

Alex G. knew when he was five years old that he had to go to college. It was drilled into him by his mom, dad, and sisters, who all have a college degree. First envisioning himself as a math teacher, Alex later decided to pursue Electrical Engineering with a minor in math from Arizona State University. He says, "There are a lot of really smart students on the 'rez' who want to go to college. But a lot of them leave after the first year and never come back because they don't have enough money. They want to graduate college but it's tough without support. When students from the 'rez' apply to non-tribal colleges, they compete with every student for funding. College isn't free for Native Americans like people think."

Response: NRC's training and educational activities strengthen local reservation communities. NRC provides students like Alex with scholarships and emergency funds. We also support programs that deliver job training, college preparation, financial skills, literacy and other services that equip people to meet life's challenges and make effective life choices.

In 2012, NRC helped Native American students from cradle to college and career. We provided school supplies for over 27,500 students. We awarded nearly 200 scholarships, with over 95% of scholars completing the college year. The typical completion rate for Native students is 21%; however, NRC selects students with strong academic motivation and a track record of overcoming obstacles. We also provided emergency funding that helped nearly 200 more students stay in school. Because the first year is the hardest for most indigenous students, NRC sponsored transitional camps to help freshmen adjust to college and campus life.

NRC also provided training on teamwork, management, technology and emergency preparedness planning to our reservation partners. Ninety-three percent report that the skills gained help them in their jobs and communities. Training and education are crucial to long-term change and self-sufficiency on the reservations, and NRC is an important part of the solution.



Goal Setting, Skills Development, Support, Resume Preparation, Sufficiency, Leadership, Healthy Lifestyles, Honoring Kids Days, Job Applications, Tutoring, Vocational Rehabilitation, Budgeting Classes, Career Prep Events, **Adult Education**, After School Tutoring, Back to School, Employment Assistance, **Job Training**, Empowerment, **Program Partner Training**, Residential Training, Shelters, School Registration, Literacy, Morals, Parent & Child Education, Parent Nights, Self, **GED Support**, Goal Setting, Leadership Programs, **TOMS Shoe Distributions**, Literacy, Morals, Parent & Child Education, **Scholarships**, Goal Setting, College Community, **School Supplies & Backpacks**, Clothing Distributions



Social Wellness



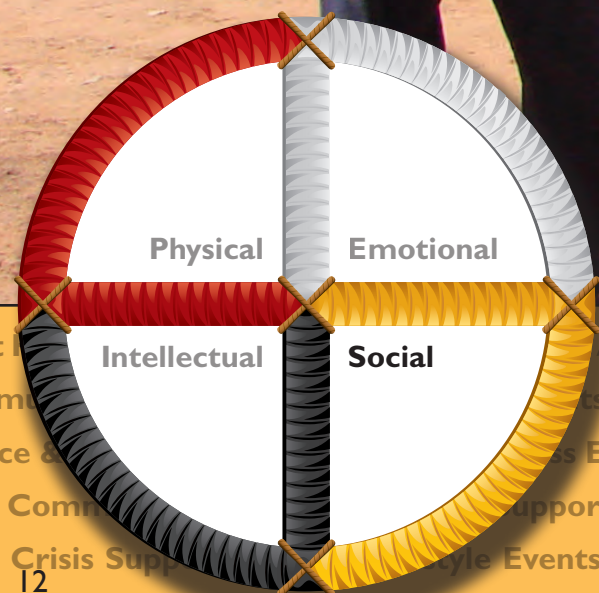
Challenge: The social dimension of wellness is concerned with living in harmony with other people, seeking positive relationships and developing healthy communication skills. Social wellness involves understanding how our actions affect other people, our community and our environment. Socially well people nurture important relationships and work to build a just and caring community. Research indicates that being socially well enhances physical and emotional well-being. Socially isolated people are far more susceptible to illness and high levels of stress.

In the rural and remote reservation communities NRC serves, isolation is common. Several of the areas are “frontier counties” with fewer than seven people per square mile. Many people lack reliable transportation to the limited services and social opportunities that exist in neighboring communities.

Huskie is one of those people you wish everyone could meet. He lives in traditional Navajo housing in the Spider Rock community (AZ), through a maze of rutted out dirt ways several miles off the Canyon de Chelly road. Huskie is 80 years old. He has no transportation. In younger years, Huskie worked for the Santa Fe and Union Pacific railroads. Huskie also worked at a nearby mission helping people in his community. Now retired, he stays active by cleaning his home and racking firewood for winter. Huskie lives alone – and nearly all of the time, he is alone. Huskie says, “My life hasn’t worked out so well. I’ve been through a lot of things. But the hardest thing I’ve ever come across is being alone all the time.”

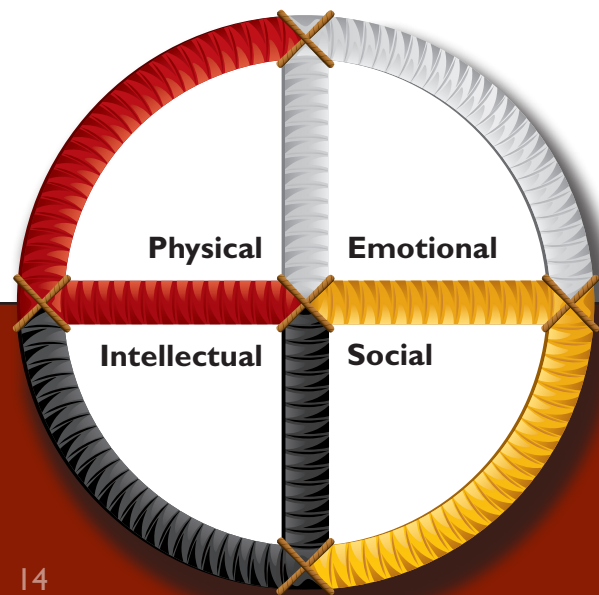
Response: NRC connects with isolated Elders like Huskie and brings families and communities together around important projects and events. Regular visits to homebound Elders and transportation to appointments and activities also provide opportunities for those in need to receive NRC food and supplies.

NRC sponsors thousands of holiday meals, cultural activities and other positive events that increase opportunities for people to reconnect. We assist over 400,000 people a year through these and other projects such as weatherizing homes, delivering firewood and cleaning up after natural disasters. NRC unites with reservation partners and volunteers to help Native Americans through these productive projects.



Programmatic Activities

Healthy Living	
# Participants provided for	413,352
Food & Water	
# Participants provided for	127,460
Holiday Support	
# Participants provided for	119,405
Emergency & Community Support	
# Participants provided for	89,912
Education Services	
# Participants provided for	44,891
Volume of Service	
# Pounds shipped	Over 5 million
# Program Partner Requests	5,793
# Program Partner Shipments	5,838
# Miles Driven	314,656
\$ Fuel Cost	\$185,271
Partner Satisfaction	
# Active Program Partners	Over 1,000
# Reservations Served	Over 75
% Partners Using Multiple Services	69%
% Partners reporting higher quality of service due to NRC assistance	92%



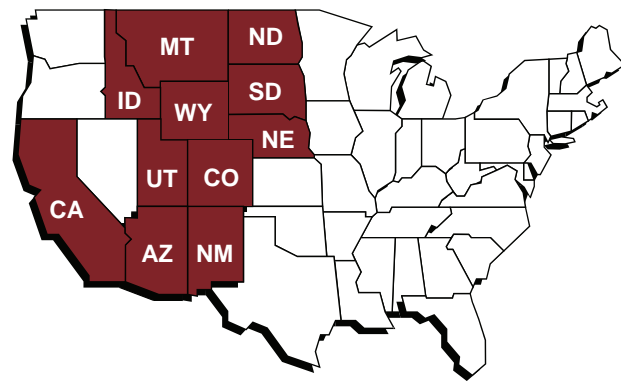
Statement of Financial Position

Assets	
Cash & Cash Equivalents	\$4,597,809
Bequests Receivable	\$16,494
Inventory	\$7,887,285
Investments	\$206,537
Prepaid Expenses & Other Assets	\$316,285
Property & Equipment	\$7,563,151
Total Assets	\$20,587,561

Liabilities	
Accounts Payable	\$1,055,952
Accrued Expenses	\$367,952
Current Portion of Long Term Debt	\$194,028
Annuities Payable	\$33,801
Long Term Debt	\$1,259,022
Total Liabilities	\$2,910,755

Net Assets	
Unrestricted	\$16,888,334
Temporarily Restricted	\$723,472
Permanently Restricted	\$65,000
Total Net Assets	\$17,676,806

Total Liabilities & Net Assets \$20,587,561

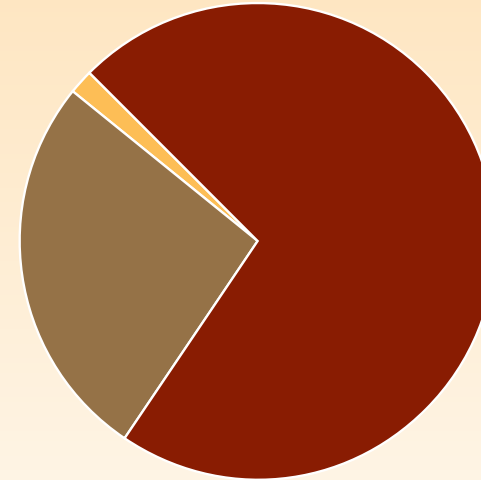


NRC Service Area Map

Our Vision
Building strong, self-sufficient
American Indian communities

Percentages Data

Program Services Expense	\$32,452,816	72.0%
Fundraising Expense	\$11,966,044	26.6%
Administrative Expense	\$629,822	1.4%
Total	\$45,048,682	100.0%



72.0% Programs
26.6% Fundraising
1.4% Administration

Statement of Activities

Revenue	
Non-Cash Contributions	\$17,723,194
Contributions and Grants	\$25,598,675
Other Revenues, Net	\$630,295
Total Revenue	\$43,952,164

Expense	
Plains Region	\$16,134,273
Southwest Region	\$14,728,246
Educational Support	\$1,496,949
Other Programs	\$93,348
Total Program Expense	\$32,452,816

Administrative Expense	\$629,822
Fundraising Expense	\$11,966,044
Total Expense	\$45,048,682

Change in Net Assets (\$1,096,518)

BOARD OF DIRECTORS

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Adjunct Professor at North Central University
in Minnesota (Lakota)

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with Werner Electric in Minnesota

Robbi Rice Dietrich
NRC President in Texas

The Programs of National Relief Charities:



Who We Serve
American Indians living on remote reservations where high rates
of joblessness, poverty, and economic struggles are the norm.