

# Hope for Children Foundation®

Annual Report for 2021



**HONORING THE UNITED STATES MILITARY, FIRST RESPONDERS, OTHER LEADERS IN AMERICA, THOSE WHO GAVE THEIR SUPPORT TO THEM, ESPECIALLY INCLUDING ALL OF THEIR FAMILIES! Thank you so very much for your service, loyalty, courage, bravery and dedication to children, teens and adults!**

**Hope for Children Foundation dedicates this 2021 Annual Report to women and men who honorably serve the United States of America, veterans of the United States Military, their families, those who supported the U.S. Military, First Responders, and other leaders of this country. Thank you for your sacrifices! You are respected and appreciated!**



**Americans** received training and/or resources via the Website of Hope for Children Foundation: <https://hopeforchildrenfoundation.org> About 1,980 daily visitors in U.S. **722,882** U.S. visitors to Website in **2021**; 1,297,492 visitor sessions were accomplished.

**Individuals Worldwide** received training and/or resources via the Website of Hope for Children Foundation. About 2,500 individuals worldwide visited the website daily.

912,681 Global visitors to Website in **2021**; 1,583,617 Global visitor sessions were accomplished. This number includes the numbers reported above for the United States.

## IN THIS ANNUAL REPORT

- Understand the mission, need for training, and the focus.
  - Review opportunities to improve lives, address and solve issues.
  - Reveal how to get involved and support Hope for Children Foundation.
- 2-4 Dedication of this 2021 Annual Report from Patricia L. Hope Kirby Rasmussen, President  
5 Message from Pamela Perskin Noblitt, Vice President & Member Board of Directors  
6 Message from Sheree Baur, Secretary/Officer & Gene Soslow, Members of the Board of Directors  
7 Message from Patricia Rasmussen, Executive Director & Member of the Board of Directors  
8 Board of Directors: Mission, Goals and Objectives  
9-13 Tips Offered to Help Stabilize Children and Families, Dr. Yvette Evans, Ed. D., M.S. CCC/SLP-L  
14 Recommendations to Reduce Violent Crime, Provide Quality Education, Overcome Racial and Gender Inequalities  
15 A STATE-TO-STATE COMPARISON OF OVERALL CHILD WELL-BEING: 2021  
A STATE-TO-STATE COMPARISON OF ECONOMIC WELL-BEING: 2021  
16 A STATE-TO-STATE COMPARISON OF EDUCATION: 2021  
A STATE-TO-STATE COMPARISON OF HEALTH: 2021  
17-18 A STATE-TO-STATE COMPARISON OF FAMILY AND COMMUNITY: 2021  
19 2021 Financial Statement Summary  
20 Opportunities to Donate & Give Children a Good Start in Life  
21-22 Remembering Our Heritage with Honor – A Nation Conceived in Liberty and Justice

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Patricia L. Hope Kirby Rasmussen  
President, Executive Director & Co-Founder

Hope for Children®



Dear Supporters:

Hope for Children Foundation thanks all Military Veterans, First Responders, other leaders, and all family members of these brave individuals for their service. We continue to work together to raise the bar enhancing the quality of life for children, teens, families, and other adults by strengthening communities. This 2021 Annual Report is dedicated to these brave American service women and men that served and/or currently serving in the United States Air Force, Army, Coast Guard, Marines, National Guard, Navy, all of those serving through law enforcement agencies, and other leaders serving this country, past and present. We gratefully thank them for of the battles fought on behalf of freedom, peace, justice and democracy.

### **Family Members of Military Personnel, Law Enforcement & Other Leaders Make Many Sacrifices**

We appreciate all sacrifices made on behalf of the American people and others throughout the world, although the depth of the sacrifices made by military personnel and their families, effect every aspect of their lives in profound ways. An understanding of the military family is as important as the understanding of the service member. The military family is often asked to make sacrifices well beyond any expected of their civilian counterparts. For active component family members, the military is a daily part of who they are, and the family is as much a part of the military as is the actively serving military member. Active component family members are expected to move, or PCS (permanent change of station), every three to five years. While the military is attempting to lengthen the time period in which service members and their families remain at one duty location, the reality is that the needs of the services come first, and personnel change duty locations at the pleasure of the military. With each move, family members are expected to start over—a new school, new friends, a new job, a new home, a new neighborhood, and new experiences. Pets may even have to be left behind if the next duty station is overseas or is in a location where pets are impractical or not allowed. Housing on some bases is substandard, well below what many in the civilian community would consider acceptable, though the military is working to improve post/base housing for all ranks. For some, the normal stress of a major move is exacerbated by a parent's or a spouse's deployment soon after the PCS. In some cases, spouses may move their families across the country or across the world while the service member is deployed, setting up a new home alone and without the benefit of the service member's assistance. For active service military families, the only certainty is the uncertainty they live with every day.

While military life poses many challenges for family members, how the family approaches its challenges is critical to minimizing long-term effects and building resiliency in both children and spouses. Many families view the changes not as potential negatives, but as new opportunities to be undertaken with great anticipation and excitement. Overseas moves can be looked at as opportunities to broaden horizons and

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expand the family's knowledge of other parts of the world. These can be wonderful experiences that few young children, and even few adults, have the chance to enjoy.

### **Physical Aspects of War**

The combat zone is an intense place where things can move very quickly one moment and drag painfully slowly the next. "Hurry up and wait" is not just a phrase but is a reality of life in a war zone. Service members move quickly to prepare for a mission and find themselves waiting for minutes or hours as plans change, intelligence is gathered, and leaders adjust decisions. Adrenaline pumps as service members gear up, load their weapons, and mount their vehicles. Then, without warning, they are told to stand down. This constant feeling of having one foot on the gas and one foot on the brake is exhausting and physically demanding, especially for troops who operate on minimum levels of sleep.

Troops are under constant physical strain that is exacerbated by unfamiliar locations, extreme heat or cold, and the 60–80 pounds of gear they are responsible for transporting, either in and out of vehicles or on their backs. Just to conduct missions in the streets or through the mountains, troops are outfitted in their protective equipment, including interceptor body armor, helmet, extra ammunition, water, weapon(s), and in some cases food. Coupled with an almost constant sense of sleep deprivation, these physical demands increase stress levels and can have a significant impact on the mental and emotional functioning of troops in combat.

### **Mental and Emotional Aspects of War**

The physical strain is not the only thing that affects the ability of troops to function in a combat zone. There is a constant tactical awareness that always keeps service members on edge and hyper-vigilant. On the modern battlefield there is no front line past which the battle ensues and behind which personnel are safe. In World War I and World War II, there were clear demarcation lines indicating how far forward personnel could go before they were involved in direct combat. Rear areas were safe and out of reach of enemy guns and cannons. Thousands of support personnel remained behind the front lines and conducted their mission in support of the combat troops on the front lines. On today's battlefield, there are no clear front lines and no one from combat troops to the support personnel is exempt from the effects of war. Military personnel live and work on bases in the middle of a territory that might one minute be peaceful and the next erupt in a hail of gunfire. All personnel in-country are at risk of harm or death from mortars that are launched over operating base walls, sniper fire, or improvised explosive device attacks on convoys. Though it may feel safe to the troops living and working there, it is not. The environment can change without warning, forcing troops to maintain a perpetual state of vigilance and tactical awareness. Constant tactical awareness requires troops to make split-second decisions that may mean the life or death of their fellow service members. Young troops, many not older than 22 or 23, and some as young as 18, are expected to instantly read a situation, make a decision, and live with the consequences. The consequences can be life or death.

Troops in combat are faced with multiple losses, grief, and guilt that they may be unprepared to deal with; and few have time to adequately process before they are back out on the next mission. In combat situations, troops may be asked to make decisions that can damage their spiritual and moral fiber, decisions that in the civilian world would have clear black or white answers, but in the fog of war show up in hundreds of shades of grey. A service member might be forced to choose between one option that may mean the death of a (possibly) innocent civilian and another that might put his or her entire unit in jeopardy. The act of

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Annual Report for 2021

killing itself, even when it is justified and necessary, can have spiritual or moral effects at levels deeper than those decisions determined by logic or military training. Daily life is filled with uncertainty, confusion, fear, and disruption that for many are beyond their limited coping or resilience skills. This reality continues for 6, 9, 12, or 18 months.

We hope this brief explanation of the family life of military personnel will help you understand the many sacrifices made by the Veteran and the family members of Veterans. Some of the members of the Board of Directors of Hope for Children Foundation for the year 2021, will personalize a special message to you in this report to express their personal involvement as a family member of a Veteran of the United States Military. There are some similarities of life regarding various sacrifices made in the lives of military soldiers, law enforcement officers, other leaders, and their family members. Forgive us for not mentioning additional sacrifices made by these public servants.

We must continue to join in developing a more thriving America for the well-being of children, families, and communities, for all people. As we move into the next decade, we will keep providing the leadership, research, and advocacy to promote and improve the lives of children in the United States. We believe everyone must be involved in the protection and well-being of children, teens, families, and communities.

Together, we make children a top priority in the United States. We are here to serve your children. On behalf of the children, teens, families, and other adults we serve, we thank you!

With gratitude and respect,

*Patricia L. Hope Kirby Rasmussen*

Executive Director

Hope for Children Foundation



The Police

World War II  
Memorial

Vietnam  
Memorial

Pearl Harbor  
December 7, 1941

The Unknown  
Soldier

9/11/2001  
New York

**We recognize the many other Memorials placed throughout the world to honor our women and men who bravely serve and served the United States of America to uphold freedom, peace and liberty.**

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## **Pamela Perskin Noblitt, Vice President, and husband, James Randall (Randy) Noblitt, PhD.**

It has been my pleasure to serve on Hope for Children Foundation's Board of Directors since 1999 and vice-president since 2019. My husband, Randy Noblitt, also serves Hope for Children Foundation as a current member of its National Advisory Board, and as a previous member of the Board of Directors shortly after its beginning in 1998. Randy and I share a heartfelt commitment to children, not only our own children and grandchildren, but to all children, so our association with this charity feels so right.

Although three of my four grandparents arrived in the United States from Eastern Europe shortly before World War I, and my maternal grandfather was the first in either family to be born in the United States, they all felt a sacred obligation to the country that gave them refuge from the violent anti-Semitism that was a constant threat under which they lived in Eastern Europe. My maternal grandfather and Randy's maternal grandfather both served in the US Army's 31<sup>st</sup> Infantry Regiment in the Philippines. My grandfather, a first generation American, felt a moral obligation to serve his family's adopted country: a sense of duty that would ultimately be repeated by my father, my two maternal uncles, three second cousins, and my husband. Randy's grandfather, Joseph P. Lynch, whose family had been in the United States for generations, felt that same sense of duty. My father, Daniel Perskin, and my mother's brother, Lawrence Harris, both served in the US Army during World War II as did Randy's father, James Reuben Noblitt. My mother's youngest brother, Boyce Harris, served in the Army during the Korean War. My second cousins, Leonard and Herbert Oshrain served in World War II and participated in the Battle of the Bulge. Their younger brother Carl Oshrain served in the Army Medical Corps as a cardiologist stationed at Brook Army Medical Center in San Antonio. Randy served in the United States Air Force as a clinical psychologist during his 10 years of active duty that coincided with the tail end of the war in Vietnam, but he was never stationed there. Instead, he worked as a clinical psychologist dealing with others' trauma.

Fortunately, Randy never had a deployment into a war zone or somewhere his family could not be with him. Except for a few temporary duty assignments, we remained together as a family. My role was to make a home for my husband and our children wherever he was stationed. To do so required me to postpone my own ambitions, but it was completely worthwhile for us all to be together. Over the course of his 10 years on active duty, we moved 13 times including to Sheppard AFB, Wichita Falls, Texas (twice), Lowry AFB Denver, Colorado; Wright-Patterson AFB, Fairborn, Ohio; and RAF Lakenheath, England. In between, the air force sent Randy back to University of North Texas on an Air Force Institute of Technology scholarship to earn his PhD. Our family endured some minor hardships, but the adventures we shared and fellowship with other military families made us always feel part of a larger family.

Our most important takeaway from military life is that whether you serve on a battlefield, in a hospital, the motor pool, or the mail room; whether officer or enlisted personnel, everyone who serves does so at great personal sacrifice. No matter what your position, everything can change in a moment, and you may be called upon to put your life on the line to "defend the constitution of the United States from all enemies, foreign and domestic." This shared sense of purpose and service became a fixture in our lives and followed us all into our civilian roles. Although our children did not serve in the military, they both serve the greater good in their professional roles. And our granddaughter recently became a Los Angeles Fire Department Ocean Lifeguard thanks in part to the values our family embraces.

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Annual Report for 2021

Dear Hope for Children Foundation Supporters,

It has been a great honor to support the children of this nation through Hope for Children Foundation. I want to thank all of you who are serving the people of this country and for all of the sacrifices you and your family made during years past and present.

My father, served in the United States Army. Although, he received an Honorable Discharge shortly after he enlisted due to medical reason. He was not able to participate in active duty as he had wanted to serve this country.

I had other family members in other branches of the military, and they did serve in active duty.

Thank you again for your service to our country.

Sincerely,

*Sheree Baur*

Pamela Mason was not able to participate in this due to knee surgery and complications from it. We thank you Pamela for serving in the United States Marines.

Sincerely,

Hope for Children Foundation

Dear Fellow Americans,

My father, Mr. Soslow entered into WWII. He was stationed in the Pacific, Iwo Jima and Okinawa. When the war ended, he was sent to occupied Japan. He was stationed in Kyoto, Japan.

Both sets of my grandparents emigrated to the United States around 1911, from Poland and Belarus. Some of my relatives served in the Prussian army.

I was physically not accepted into the military, although I wanted to represent my country.

Thank you for your service and sacrifices,

Sincerely,

*Gene Soslow*

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Annual Report for 2021

Dear Friends,

Yes, veterans and those honorable women and men serving along with First Responders and other leaders, we honor you and the fallen brave women and men of this country whose lives have helped all of us live with freedom. Freedom is one of the most precious liberties one can possess. We thank you deeply for your service to our country and people. Over 100 years ago, in 1918, WWI ceased, then the Treaty of Versailles was signed. One year later, the country celebrated its first Armistice Day. It was renamed Veterans Day in 1954. November 11 reminds us of the millions of people, with their families, who served the U.S.

My father, James W. Hope was in World War II. His last military battle, the Battle of the Bulge, took place from December 16, 1944, to January 25, 1945. He was in the United States Army Air Corps, a combination of the Army and Air Force. He was drafted into the Army Air Corps the early months of 1942, after his first son was born. The Allied invasion of Normandy moved massive amounts of both men and material from three nations to five different sites strung out along the Normandy Coast in France. My father was one of these brave men. Fighting against Germans in France, he and his company made their way to Belgium where the war was raging in the freezing weather. These soldiers were successful and helped win the war.

My mother, Fannie Hope, also worked on airplanes in preparing them for flight during WW II. She had to drop out of school to help care for her younger siblings while her mother worked. Her father died when she was a young child during The Great Depression. Then her first job out of the home later became known as one of the “Rosie the Riveter”. During World War II, the drafting of millions of men for combat left American military contractors in dire need of workers to produce munitions and vehicles for the war effort. Women on the home front stepped up in considerable numbers, taking over strenuous, hazardous manual labor and handling complex, technical tasks. Women stepped in as laborers and engineers in steel mills, tank factories and the aviation industry. My mother was one of these women. She helped put airplanes together with rivets. Dallas served as a manufacturing center for the war effort. In 1942, the Ford Motor plant in Dallas converted to wartime production, constructing almost 94,000 jeeps & 6,000 military trucks.

My brother, James W. Hope II, named in honor of my father, made a career in the Sea Bees, the Construction Battalion of the United States Navy. Just out of high school, he went straight into the battlefields of Vietnam after five weeks of boot camp. During his military career, he was stationed in the Philippines, Guam, Sicily, Okinawa, Bahrain Saudi Arabia, San Diego and Port Hueneme, California, then into Fleet Reserve before retiring. He is currently living in California; we text or talk almost daily. My father’s two brothers were in the United States Marines. One of these brothers, Uncle Sam was a career officer. We had other family members who served in the military. I am grateful for my loved ones.

My husband’s father, George Rasmussen, was also a soldier in the United States Army during WWII. He too, lived through this treacherous war. He and his wife Lila were fortunate to later have three baby boys and experienced a good life with his wife and children as the boys grew into young men.

**In loving memory of those who have honorably served this country as have my parents, Mr. & Mrs. James W. Hope, and in memory of other family members, who are no longer a phone call away.**

With gratitude and respect,

*Patricia L. Hope Kirby Rasmussen* Executive Director

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## Board of Directors of Hope for Children Foundation

**Patricia Rasmussen**

President  
Co-Founder  
Executive Director  
Treasurer & Member  
Board of Directors

**Pamela P. Noblitt**

Vice President  
Member  
Board of Directors

**Sheree Baur**

Secretary  
Member  
Board of Directors

**Pamela Mason**

Member  
Board of Directors

**Gene Soslow**

Member  
Board of Directors

## Mission, Goals and Objectives:

Hope For Children Foundation’s mission is to prevent cruelty to children, including reducing crimes of sexual assault and domestic violence. By working together, the prospect of precious children living abuse-free lives can be realized. We provide education to the public, and to professionals who are charged with protecting children and adults against crimes of sexual assault and domestic violence. Trainees have received the education courses well. The goals of the training include:

- Train First Responders to better protect children, teens and adults from domestic violence/sexual assault
- Train the general public with quality and equitable education and promote lifelong learning for all
- Provide quality education to better protect children, teens, women, and men
- Provide various service referrals for victims and reported abusers
- Provide free job search availability on the Website to assist those in need to sustain a quality of life
- Promote good health and well-being of children, teens, families, and other adults
- Reduce racial and gender inequalities
- Promote peace, justice and strong institutions for society

Our goal is to provide more resources to benefit those who have been victimized; including but not limited to continue developing state of the art training specifically targeting the healing process and overcoming/coping with symptoms of depression. We intend to offer and distribute the training to families, school districts, churches, colleges, universities and first responders. We will make the training available at no charge on the Web site of Hope for Children Foundation. We believe education is one of the most essential elements of bringing about prevention, protection, safety, accountability, security, and justice in each community concerning crimes of sexual assault, domestic violence, stalking, and bullying.

We sincerely want to thank Co-Founder, J. Douglas Crowder, MD for his twenty-two years of service to children.



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## TIPS OFFERED TO HELP CHILDREN USE MINDFULNESS

The purpose of this post is to provide easy and accessible tools to help children and teens of all abilities to ease their anxiety and worries using mindfulness practices. Our lives are full of events that are out of our control. This would include circumstances that involve our family members, friends, and others that are a part of lives. The media also brings events into our homes including but not limited school shootings along with suffering around the world including those victimized by wars such as the people of Ukraine.

### VALIDATE FEELINGS IN A HEALTHY WAY - REASSURE CHILDREN'S SAFETY - REDUCE FEAR

Feelings are a natural part of our human experience. It is important for us to validate other's feelings in healthy and truthful ways when a tragedy occurs. It can be hard for children to understand and recognize their feelings. First, take a moment with your child to identify their feelings as you reassure them that experiencing feelings is alright and we all have feelings. Give children time to talk about their feelings, help a child put their feelings into perspective, and assist them in expressing these feelings in a safe, accepting environment. A fun way for children to identify their feelings is watching an insert from the movie *Inside Out* by Disney. In this clip it the characters demonstrate an array of feelings. Here is the URL to copy and paste into your browser:

<https://www.youtube.com/watch?v=nEUzQ7yL9A0>

To help get the conversation started we found a child friendly short film. This cute but serious short film is to help children or adults understand about mental health including emotional wellness that is offered by Bridge the Gap: Mental Health Explained. Here is the URL to copy and paste into your browser:

<https://www.youtube.com/watch?v=uPh4-DU6MDU>

### WHAT IS MINDFULNESS?

There are many definitions of mindfulness. The most accepted and used definition includes the idea that it is a moment-by-moment-by-moment awareness of our thoughts, emotions, bodily sensations, and surrounding environment with openness and curiosity. Mindfulness training reduces stress, depression, and anxiety (Murray, 2014). Please review this video for a better understanding of Mindfulness:

[https://www.youtube.com/watch?v=6s1\\_m28B7ek](https://www.youtube.com/watch?v=6s1_m28B7ek)

Here is another outstanding resource is from the American Psychological Association: Exploring Feelings with Mindfulness by Lauren Rubenstein, PsyD, RCT. This article provides insights into mindfulness and activities to help cope with feelings. I have included several links to various videos, so please copy and paste the URL addresses into a browser for you review of the video:

<https://www.maginationpressfamily.org/mindfulness-kids-teens/exploring-feelings-with-mindfulness/>

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There are many mindfulness practices. It is important to find the practice(s) that fits the situation and the person. When we think of the outside stressors of the world it can cause intense feelings of anxiety. When we think of anxiety, it has direct impact on our minds and bodies such as tensing our muscles, rapid breathing, and increase heart rate. When our body takes over, we go into “flight or fight” mode, which means are body is preparing us to face danger. This also can have impact on how we think by losing our ability to problem solve and concentrate. We need a way for our children to calm their anxious thoughts. This is where the following practices of mindfulness can help. Look over the areas and resources. Think about and write down what strategies would be helpful to you so that you can model the coping strategies for your child.

**Meditation** is often the core mindfulness practice. While it can take many forms, one of the most common mindfulness meditations is loving-kindness meditation, which focuses on increasing compassion for yourself and others. Here is a short video offered through the professional work of Cosmic Kids Zen Den, Mindfulness for Kids called “Be the Pond” that provides child friendly explanations and activities. Here is the link:

<https://www.youtube.com/watch?v=wf5K3pP2IUQ>

**Mindful breathing** - Mindfulness practices often include simple breathing exercises designed to help you focus on your breath and reduce your body’s stress response.

Here is one of my favorite videos for children of all ages on the use of breathing to calm thoughts. "Just Breathe" by Julie Bayer Salzman & Josh Salzman (Wavecrest Films). Here is the link:

<https://www.youtube.com/watch?v=RVA2N6tX2cg>

For children of all ages GoNoodle is a wonderful site with choices for your child for breathing and movement. Here is the link:

<https://www.gonoodle.com/tags/ZwmOzX/breathe>

**Visualization** - Your mindfulness practice might include specific visualization exercises, such as imagining your thoughts as clouds or your breath as colorful light.

These exercises include deep breathing and visualization. These types of activities can be great for mental health, including as a mental break that allows for the student to ‘re-group’ and recenter themselves in the task at hand. In addition, there is research that supports visualization techniques can help reading comprehension and anxiety of upcoming events. Here is an example from Mind Coach:

<https://kidsrelaxation.com/7-visualization-tools-for-releasing-worry/>

**Body scan** - An especially common mindfulness meditation is the body scan, in which you carefully imagine each part of your body to gain awareness of your physical existence and sensory experience. This is a site called Blissful Kids. It has many activities including instructions on Mindful Body Scan. Here is the link: Mindfulness for Children – Body Scan - Blissful Kids: Here is the link:

<https://blissfulkids.com/?s=body+scan>

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**Mindful movement** - Mindful movement might include walking meditations, physical practices like qigong or yoga, or movement through specific spaces such as a labyrinth. Blissful Kids also has several creative movement activities for mindfulness. Here is the link:

<https://blissfulkids.com/category/exercises/>

**Journaling** - Writing is often a form of mindfulness practice in which you allow yourself to free-associate and observe your thoughts as they occur. This is a great site for journaling for kids that include writing prompts to help your child get started by Journaling for Kids/ Mindfulness Meditation. Here is the link:

<https://journalforkids.com/feelings-journal-prompts/>

**Sensory exercises** - Sensory activities like eating, listening to music, and washing the dishes can all be performed mindfully. These exercises can be especially helpful in connecting you to your existence in the present moment.

## CHILDREN WITH SPECIAL NEEDS / DISABILITIES

Children of all abilities experience feelings. The difference is how a children may process that information and express their feelings. For instance, children with sensory integration difficulties this may include autism, ADHD, Down's Syndrome, and intellectual disabilities just to mention a few also experience feelings including anxiety. It is imperative that parents and professionals recognize and validate their feelings, thoughts, and experiences. This is a resourceful site that list childhood challenges / disabilities along with activities to help them understand and process their feelings through mindfulness. Take a look: Parent Support for Sensory Processing. Please copy and paste the following link into your browser:

<https://sensoryprocessingdisorderparentsupport.com/mindfulness-activities-for-children.php>

Another resourceful site filled with information and activities is Sensory Toolbox created by an Occupational Therapist: Please copy and paste this link into your browser:

<https://www.theottoolbox.com/anxiety-and-sensory-based-coping-skills/>

## PRACTICING MINDFULNESS MEDITATION

Here are 7 evidence-based ways that practicing mindfulness meditation can help children:

1. It gives kids the habit of focusing on the present moment and ignoring distractions.
2. It teaches them to stay calm in the face of life's stressful times.
3. It creates good habits for the future. When faced with life's challenges, they know they can find peace by taking a few moments to meditate.
4. It promotes happiness by lowering social anxiety and stress.
5. It promotes patience.
6. It can improve executive functions in their brain like cognitive control, working

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memory, cognitive flexibility, and better grades.

7. It can improve attentiveness and impulse control.

## **CREATE TIME TO LISTEN**

Let a child's questions be your guide as to how much information to provide and be patient during the process. As you probably know, children and youth do not always talk about their feelings readily. Watch for clues that they may want to talk, such as hovering around while you do the dishes or yard work. Be attentive, your child may want to talk when it is not convenient for you, it may be a time that you are the busiest. We must prioritize our time even when we are at our busiest, realizing a crisis might be going on your child's life and this maybe the only time your child is willing to talk about it. Some children prefer writing, playing music, or doing an art project as an outlet. Young children may need concrete activities (such as drawing, looking at picture books, or imaginative play) to help them identify and express their feelings.

## **KEEP EXPLANATIONS TO CHILDREN DEVELOPMENTALLY & AGE APPROPRIATE**

- Early elementary school children need brief, simple information that should be balanced with reassurances that everyone is doing their part in ensuring that they will be safe. If they're afraid about their safety in school buildings, give simple examples of school safety like reminding children about exterior doors being locked, child monitoring efforts on the playground, and emergency drills practiced during the school day. In addition, encourage them to share their concerns with their teacher and school counselor.
- Upper elementary and early middle school children may be more vocal in asking questions about whether they truly are safe and what is being done to keep them safe. They may need assistance separating reality from fantasy. Discuss efforts of school and community leaders to provide safe schools and communities.
- Upper middle school and high school students will have strong and varying opinions about the causes of violence in schools and society. They will share concrete suggestions about how to make school safer and how to prevent tragedies in society. Emphasize the role that students have in maintaining safe schools by following school safety guidelines. This includes but is not limited to explaining that the child should not provide building access to strangers, the child should report strangers on campus - communicate any personal safety concerns to teachers and/or administrators, and access support for emotional needs.

## **REVIEW PROCEDURES FOR SCHOOL SAFETY & AT HOME**

Please include procedures and safeguards at school and at home by going through step-by-step instructions with your children. It helps to write these instructions on paper and review them often with your children. Should you need assistance creating these safeguards just Google the topic and select the suggestions that

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best suits your family's needs. Help children identify at least one adult at school and in the community to whom they go if they feel threatened or at risk.

## **OBSERVE THE EMOTIONAL AND MENTAL STATE OF CHILDREN**

A child's change in behavior, appetite, and sleep patterns can indicate a child's level of anxiety or discomfort. In most children, these symptoms will ease with reassurance and time. Some children may not express their concerns verbally. Remember, it can be difficult even for a child to be able to identify their feelings. However, some children may be at risk for more intense reactions. Children who have had a past traumatic experience or personal loss, suffer from depression or other mental illness, or with special needs may be at greater risk for severe reactions than others. Seek the help of mental health professional right away if you are at all concerned.

## **LIMIT THE EXPOSURE OF MEDIA**

Developmentally inappropriate information can cause anxiety or confusion, particularly in young children. Adults also need to be aware of the content of conversations that they have with each other in front of children, and teenagers. Limit their exposure to vengeful, violent, hateful, and/or angry comments, since these things can be easily misunderstood. Limiting television viewing can be a very positive change for you and your children, so be aware if the television is on in common areas of your home. Take responsibility for what your children are putting into their minds by modeling mindfulness activities including expressing gratitude, what kids are viewing online about certain events through social media.

## **MAINTAIN ROUTINES**

Keep in mind that children of all ability levels including our children and teens with challenges/disabilities thrive in environments that reassure and promote their physical and mental wellness. Providing routines with a consistent schedule will provided them a sense of security. Make sure to monitor your child's behavior, ask them questions, and encourage them to share their thoughts and feelings. Having a feelings chart with pictures of expressions with a wide range of emotions posted on your refrigerator or another high traffic area in your home is an excellent idea. Incorporate a daily "check in" using the feelings chart as a part of your daily routine. Encourage children to keep up with their schoolwork and extracurricular activities and do not add more work if the child seems overwhelmed. Ensure children get plenty of sleep, regular healthy meals, and adequate exercise.

Thank you for reviewing this information. It is alright to express to your child that you may not have all of the answers, but you do have ways to help them ease their worries and anxiety. We hope you find this information informative. This is intended to help improve the quality of life for you, your children, family and friends.

Sincerely,

*Dr. Yvette Evans*, Ed. D.,M.S. CCC/SLP-L  
Pediatric Speech-Language Pathologist



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## Our Recommendations to Reduce Violent Crime, Provide Quality Education, and to Overcome Racial & Gender Inequalities

Hope for Children Foundation's recommendations may require an act of the U.S. Congress and/or a constitutional amendment, but we passionately believe our nation's children are worth it! According to the U. S. Department of Human Services, about 7.9 million children are reported abused each year. Please unite with us to protect our most vulnerable treasures!

All children and adults deserve to feel confident to better protect themselves from abuse throughout their lives. We recommend the integration of training focused on prevention of abuse into the national academic curriculum. While the specific details of the curriculum's implementation will need to be worked out with various stake holders, teachers, parents, legal authorities, we suggest thirty-minute to one hour of daily classes from kindergarten through university level students to impact the decrease of violent crime, provide quality education, and overcome racial & gender inequalities. We would also offer similar criteria curriculum to adults. These classes would address:

1. Building character, respect for self & others, & help bring about racial & gender equality.
2. Signs/symptoms of sexual assault/domestic violence. What to do if you suspect someone being abused.
3. Awareness & prevention of mass violence.



Children – using proven age-appropriate developed curricula in school through university level. Adults – similar curricula offered to businesses, churches and interested community entities.

### Course objectives

- Build Character; help bring about racial and gender equality.
- Instill respect for self, friends, family, teachers, coworkers, neighbors and the general public.
- Equip students to recognize & respond to signs/symptoms of sexual assault & domestic violence.
- Educate students about how to recognize, prevent and respond to substance abuse.
- Instruct students about healing and recovery from abuse.
- Teach citizens of all ages how to respond to mass violence, including attacks at schools.
- Empower children as well as adults to make educated and informed decisions.

Teaching good character-building traits helps prepare students to face the many opportunities life offers and have a better understanding of how to avoid the dangers of today's society and/or deal better with choices should danger be present or in front of their face. Character building education gives the students the knowledge required to know what these dangers in society are and deal with them properly. Please review the following pages to better understand children's issues in the U.S.

## Make Significant Differences in the Lives of Your Children

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## Annie E. Casey Foundation 2021 Kids Count Report

The following information is created, authored, and prepared by the Annie E. Casey Foundation 2021 Kids Count Report. Website: [HTTPS://WWW.AECF.ORG/RESOURCES/2021-KIDS-COUNT-DATA-BOOK](https://www.aecf.org/resources/2021-kids-count-data-book)  
The Annie E. Casey Foundation. Publication Year 2021. Title of Publication 2021 Kids Count Databook. Baltimore: The Annie E. Casey Foundation, Baltimore, MD: Author. Retrieved from [www.aecf.org](http://www.aecf.org). [aecf-2021kidscountdatabook-2021.pdf](https://www.aecf.org/resources/2021-kids-count-data-book-2021.pdf)

### STATE RANKINGS ON OVERALL CHILD WELL-BEING 2021

Select a location to see how it ranks and performs on 16 key indicators.

#### 1st quartile

1. Massachusetts 2. New Hampshire 3. Minnesota 4. Vermont 5. Utah 6. New Jersey 7. Nebraska 8. Connecticut 9. Iowa 10. Wisconsin 11. Maine 12. North Dakota 13. Virginia

#### 2nd quartile

14. Washington 15. Colorado 16. Idaho 17. Wyoming 18. Kansas 19. Pennsylvania 20. South Dakota 21. Illinois 22. Montana 23. Rhode Island 24. Maryland 25. Oregon

#### 3rd quartile

26. Hawaii 27. New York 28. Michigan 29. Indiana 30. Missouri 31. Ohio 32. Delaware 33. California 34. North Carolina 35. Florida 36. Tennessee 37. Kentucky

#### 4th quartile

38. Georgia 39. Arkansas 40. Arizona 41. South Carolina 42. Oklahoma 43. Alaska 44. West Virginia 45. Nevada 46. Texas 47. Alabama 48. Louisiana 49. New Mexico 50. Mississippi

### STATE RANKINGS ON ECONOMIC WELL-BEING 2021

Select a location to see how it performs on this domain's four indicators.

#### 1st quartile

1. North Dakota 2. Nebraska 3. Minnesota 4. Wyoming 5. Utah 6. New Hampshire 7. Iowa 8. Wisconsin 9. Vermont 10. South Dakota 11. Kansas 12. Idaho 13. Colorado

#### 2nd quartile

14. Virginia 15. Maine 16. Massachusetts 17. Rhode Island 18. Indiana 19. Washington 20. Pennsylvania 21. New Jersey 22. Illinois 23. Maryland 24. Michigan 25. Ohio

#### 3rd quartile

26. Missouri 27. Connecticut 28. Montana 29. Delaware 30. Tennessee 31. Oregon 32. North Carolina 33. Oklahoma 34. Arkansas 35. Arizona 36. Georgia 37. South Carolina

#### 4th quartile

38. Texas 39. Alabama 40. Kentucky 41. Nevada 42. Florida 43. California 44. Hawaii 45. New York 46. West Virginia 47. Alaska 48. New Mexico 49. Louisiana 50. Mississippi

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# Hope for Children Foundation®

Annual Report for 2021

## STATE RANKINGS ON EDUCATION 2021

Select a location to see how it performs on this domain's four indicators.

### 1st quartile

1. New Jersey 2. Massachusetts 3. Connecticut 4. Vermont 5. New Hampshire 6. Virginia 7. Minnesota  
8. Pennsylvania 9. Wisconsin 10. Utah 11. Nebraska 12. Florida 13. Iowa

### 2nd quartile

14. Illinois 15. Colorado 16. New York 17. Indiana 18. Maine 19. North Carolina 20. Maryland  
21. Missouri 22. Wyoming 23. Kansas 24. South Dakota 25. Delaware

### 3rd quartile

26. Montana 27. Washington 28. Ohio 29. Tennessee 30. Kentucky 31. North Dakota 32. Hawaii 33. Texas  
34. Rhode Island 35. Arkansas 36. California 37. Georgia

### 4th quartile

38. Idaho 39. Mississippi 40. Oregon 41. Michigan 42. Alabama 43. West Virginia 44. South Carolina  
45. Oklahoma 46. Nevada 47. Arizona 48. Louisiana 49. Alaska 50. New Mexico

## STATE RANKINGS ON HEALTH 2021

Select a location to see how it performs on this domain's four indicators.

### 1st quartile

1. Massachusetts 2. Minnesota 3. New Hampshire 4. Vermont 5. Washington 6. Hawaii 7. Connecticut  
8. Oregon 9. Rhode Island 10. New York 11. California 12. Maine 13. Iowa

### 2nd quartile

14. New Jersey 15. Nebraska 16. Wisconsin 17. Pennsylvania 18. Utah 19. Idaho 20. Illinois 21. Montana  
22. Michigan 23. North Dakota 24. Virginia 25. Kansas

### 3rd quartile

26. Colorado 27. Maryland 28. Arizona 29. Ohio 30. Delaware 31. Florida 32. North Carolina 33. South  
Dakota 34. Nevada 35. Kentucky 36. Indiana 37. New Mexico

### 4th quartile

38. Missouri 39. Tennessee 40. Georgia 41. Arkansas 42. Oklahoma 43. West Virginia 44. Alaska  
45. Wyoming 46. South Carolina 47. Alabama 48. Louisiana 49. Texas 50. Mississippi

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## STATE RANKINGS ON FAMILY AND COMMUNITY 2021

Select a location to see how it performs on this domain's four indicators.

### 1st quartile

1. New Hampshire 2. Utah 3. Vermont 4. Maine 5. Wyoming 6. Minnesota 7. North Dakota 8. Idaho 9. Massachusetts 10. Iowa 11. Colorado 12. Nebraska 13. Washington

### 2nd quartile

14. Montana 15. Connecticut 16. Hawaii 17. New Jersey 18. Virginia 19. Oregon 20. Wisconsin 21. South Dakota 22. Alaska 23. Maryland 24. Kansas 25. Illinois

### 3rd quartile

26. Pennsylvania 27. Missouri 28. Rhode Island 29. Michigan 30. Delaware 31. Indiana 32. Florida 33. New York 34. Ohio 35. North Carolina 36. California 37. West Virginia

### 4th quartile

38. South Carolina 39. Georgia 40. Tennessee 41. Oklahoma 42. Arkansas 43. Kentucky 44. Nevada 45. Alabama 46. Arizona 47. Texas 48. New Mexico 49. Louisiana 50. Mississippi

**SUMMARY of the Annie E. Casey Foundation's *KIDS COUNT*® Data Book: All of this information regarding the Annie E. Casey Foundation's *KIDS COUNT* Data Book is the sole property of the Annie E. Casey Foundation, but is allowed to be copied as long as they are given proper credit for the material as the author.** <https://www.aecf.org/resources/2021-kids-count-data-book>

The 32nd edition of the Annie E. Casey Foundation's *KIDS COUNT*® Data Book describes how children across the United States were faring before — and during — the coronavirus pandemic.

This year's publication continues to deliver the Foundation's annual state rankings and the latest available data on child well-being. It identifies multiyear trends — comparing statistics from 2010 to 2019. In addition, the report shares data on how families endured throughout the pandemic.

## HOW KIDS AND FAMILIES HAVE WEATHERED THE PANDEMIC

Every child needs food, health care and safe and stable housing. Millions of households with children already lacked these necessities before the pandemic, and this economic and public health catastrophe brought millions more face-to-face with challenges ranging from lost health insurance and bare pantries to the threat of homelessness due to eviction or foreclosure.

An additional area of concern: Students are completing a second academic year disrupted by COVID-19, undermining academic performance and altering post-high school plans.

## RECOMMENDATIONS FOR RECOVERY

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# Hope for Children Foundation®

Annual Report for 2021

The nation will not recover from this crisis without innovative public policy. Several of the Foundation's federal policy recommendations have already been enacted through the 2020 CARES Act and with 2021's American Rescue Plan. Of particular note is the historic expansion of the federal child tax credit, which is expected to cut the child poverty rate by more than half. Unfortunately, the expansion is currently slated for only one year.

To continue progress already made on recovery, the Foundation recommends: making the expansion of the federal child tax credit permanent; strengthening state and local policies affecting kids and families; and prioritizing racial and ethnic equity in policymaking.

## STATE RANKINGS

This year, New England states hold two of the top three spots for overall child well-being. Massachusetts ranks first, followed by New Hampshire and Minnesota. Louisiana (48th), Mississippi (49th) and New Mexico (50th) are the three lowest-ranked states.

States in Appalachia, as well as the Southeast and Southwest — where families have the lowest levels of household income — populate the bottom of the overall rankings. In fact, except for Alaska, the 17 lowest-ranked states are in these regions.

## RACIAL INEQUITIES IN CHILD WELL-BEING

Despite gains for children of all races and income levels during the reporting period, the nation's racial inequities remain deep, systemic and stubbornly persistent. Data suggest that we as a nation fail to provide children of color with the opportunities and support they need to thrive. States are failing to dismantle barriers that African American, American Indian and Latino children especially encounter. As a result, nearly all index measures show that children experience disparate outcomes in spite of their potential.

In 14 states, the District of Columbia and Puerto Rico, kids of color were the majority of the child population in 2019. The future success of our nation depends on our ability to ensure all children have the chance to be successful.

## 2021 STATE DATA PROFILES ON KIDS' WELL-BEING

View the [national data profile](#) (also available in [Spanish](#)) or download your state's data profile as a PDF at the site: <https://www.aecf.org/resources/2021-kids-count-data-book>

Hope for Children Foundation thanks the Annie E. Casey Foundation for its support to children and adults. We are achieving our sustainable goals through continuous learning, diversity, inclusion initiatives and health and wellness education as demonstrated throughout this Annual Report. Our efforts are inspired, pragmatic and effective to help enhance, and better protect the precious lives of children.

Hope for Children Foundation®



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## 2021 Hope for Children Foundation Financial Statement Summary

Total Revenue & Support .....	\$ 492,673
Total Expenses.....	\$ 479,147
Net Assets, Beginning of Year.....	\$ -55,516
Net Assets, End of Year.....	\$ -56,500

### Expenses for the Year Ended December 31, 2021

Fundraising	1.58%	\$ 7,571
Management And General	.42%	\$ 2,012
Program Services	98.00%	\$469,564

## 2021 ANNUAL UPDATE:

### • 1st Quarter 2021 Update

Mrs. Fannie L. Hope, age 97, life on earth ended on February 8, 2021. Hope for Children Foundation was named in her honor, and in the honor of her beloved husband, James W. Hope Sr. They are dearly missed. They are both part of the dedication of this 2021 Annual Report. Fannie L. Hope helped build and secure the final additions to some of the aircraft that was flown during WWII. Those aircraft helped win the war. Her loving husband, James W. Hope, fought bravely on the ground and in the air against the enemy in the Battle of the Bulge, while enlisted in the United States Army Air Corps. Please read more about Patricia's family on page 10 of this report. Fannie L. Hope and James W. Hope Sr. are the beloved parents of Patricia L. Hope Kirby Rasmussen. Patricia is the Co-Founder of this charity.

Analytics verified 327,911 visitors to our website globally, accessing information intended to enhance the lives of children, teens and adults; and 235,811 visitors in the U.S. = 389,930 visitor sessions on our website were calculated by Analytics during a global count.

We secured several registrations as a charity and business.

### • 2nd Quarter 2021 Update

Analytics verified 216,780 visitors to our website globally, accessing information intended to enhance the lives of children, teens and adults; and 158,691 visitors in the U.S. = 401,448 visitor sessions on our website were calculated by Analytics during a global count.

We secured several registrations as a charity and business.

### • 3rd Quarter 2021 Update

Analytics verified 225,084 visitors to our website globally, accessing information intended to enhance the lives of children, teens and adults; and 200,833 visitors in the U.S. = 525,400 visitor sessions on our website were calculated by Analytics during a global count.

We secured several registrations as a charity and business.

### • 4th Quarter 2021 Update

Analytics verified 137,816 visitors to our website globally, accessing information intended to enhance the lives of children, teens and adults; and 124,166 visitors in the U.S. = 266,839 visitor sessions on our website were calculated by Analytics during a global count. We secured several registrations as a charity.

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## Opportunities to Donate & Give Children a Good Start in Life

### ONLINE

Contribute securely online at [www.hopeforchildrenfoundation.org](http://www.hopeforchildrenfoundation.org) Click on Donate

### PHONE

You can make a tax-deductible contribution to Hope for Children Foundation using your credit card by calling 214.382.4673 between the hours of 9:00 a.m. and 5 p.m. CST Monday through Friday.

### CHECK

Send your check (along with an address to which we can send your acknowledgement), made payable to the Hope for Children Foundation, and mail to:  
Hope For Children Foundation, PO Box 191028, Dallas, TX 75219

### WIRE TRANSFER

Should you desire to make your donation through a wire account, call 214.382.4673 for details.

### APPRECIATED SECURITIES

Owning an appreciated security for more than one year, allows for a tax deduction based upon the current market value avoiding paying capital-gains tax on the increase when donating. Call 214.382.4673 for details.

### GET YOUR COMPANY INVOLVED

Many companies have matching-gift programs and will match charitable contributions made by their employees. Ask your human resources office if your office if they have such a program.

### PLAN YOUR GIFT THROUGH WILLS, TRUSTS, AND ESTATE GIVING

Planned giving consists of various planned gifts available to help you support the fight against child abuse.

### CREATE YOUR OWN EVENT

Our online fundraising tool can help you customize an event that's right for you, just contact us.

### HONOR A LOVED ONE

A memorial or tribute is a meaningful way to celebrate someone important to you. 214-382-4673  
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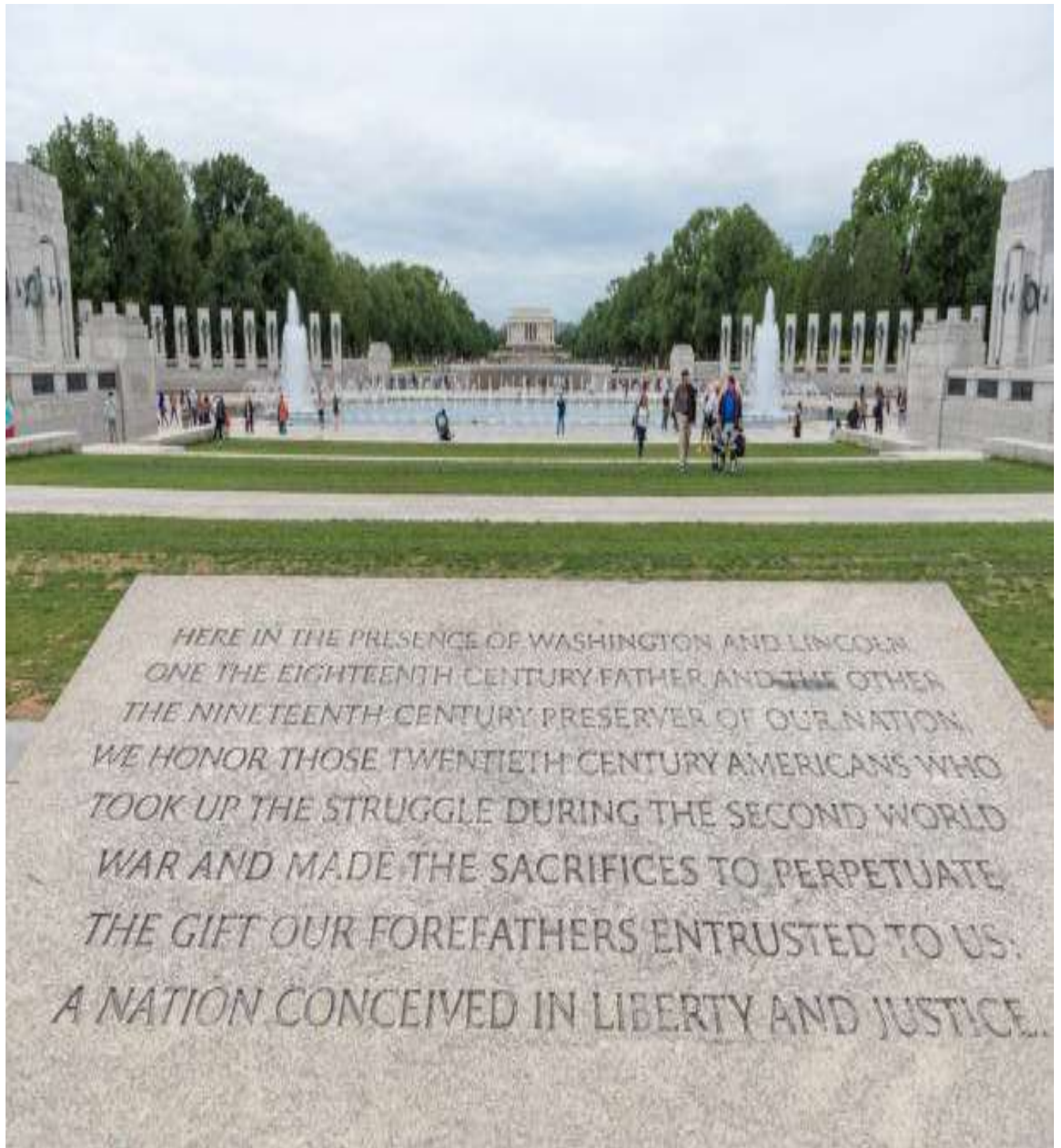
**Honoring and Remembering Those Who Paid the Ultimate Price for Our Freedom!**



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**AMERICA IS A NATION CONCEIVED IN LIBERTY AND JUSTICE**



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