



# The JDF Footprints



*Promoting foot health and healthy lifestyles for the underserved.*

By Executive Director Carolyn D. Jenkins

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*Our JDF volunteers* are all warmed up! This summer, we stretched, ran, and lifted weights by lifting boxes as we delivered goods to those in need.



We sent this truck-load of goods to low income families in Virginia.



Thanks to our great volunteers our MD, DC, and VA pandemic outreach is going strong.

We're on  YouTube !!!!

Watch our giving stories on the Jenkins Donelson Foundation YouTube channel. Please subscribe to our channel to see our stories each week!

[https://www.youtube.com/channel/UCHS3bj6mOVUqNgTHkFZrRiA?disable\\_polymer=true](https://www.youtube.com/channel/UCHS3bj6mOVUqNgTHkFZrRiA?disable_polymer=true)

## *O Baby!*

Baby goods are in high demand, and we're meeting as many calls as possible. We've helped dozens and



dozens of moms this year. Experts predict a COVID baby boom next year. We're

preparing and stocking up now. 😊

*See more of our giving stories on Facebook. Text 2020DB to 444-321 to donate!*

The recession and massive job losses are bringing more families to the streets who need help. We delivered a few goods to this grateful mom and daughter. Please watch our encounter on our Youtube video, <https://youtu.be/mxwyAiGtrUO> .



*Yes, it really was a happy day* when we met Rev. Peoples seated at a table at a grocery store. She was seeking donations for the homeless that her church supports. Rev. Peoples gave us a list of goods their clients needed, and we searched our inventory. We didn't do too bad either. She's sitting on the bumper of the SUV we loaded!

Have you experienced our new interactive website? Please go to [jdffet.org](http://jdffet.org) and be prepared to tap, click and touch your screen. Our giving stories will warm your heart!

**COVID stress relief tip of the month:** Exercise! Yoga, pilates, jogging, biking, walking, hiking, and cardio exercises are great stress relievers and cool family fun. The warm weather is a great time to enjoy exercising out-of-doors too!. You'll love how you look when the pandemic is over!

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