

# \$1 a pay goes a long way.



It's easy to give through SECA when you know how far your donation goes. Even **\$1 per pay can change a life.** Here are a few examples of the great things SECA charities can accomplish with just **\$26 (\$1 per pay)** from you.

## \$1 Per Pay Provides

5 blankets for people who lost everything in a fire.

1 tank of gas to drive seniors to much-needed services.

1 solar lamp and charger to a family without access to electricity.

A 30-minute therapeutic riding lesson for a child with special needs.

Bags and gloves to remove 500 pounds of trash from the beach.

2 mosquito nets to protect children from deadly malaria.

After-school care for 1 child every school day for 2 months.

1 adapted aquatics session for a child with a physical disability.

Air transportation for 338 vaccines to remote communities to protect children from polio, diphtheria, measles and other illnesses.

Information packets of disease, nutritional, and lifestyle guidance for 5 people with arthritis.

200 bricks to build a fuel-efficient cook stove in Guatemala.

1 set of watercolor paints for arts and crafts sessions for children with chronic illnesses.

Deworming medication for 520 children in disease-prone countries.

1,000 printed hotline cards for domestic violence services.

Nutrition classes for 2 struggling community members.

Disaster relief, such as wound care and antibiotics, for 1,230 people.

1 safe birth kit for a mother in Sierra Leone.

Anti-seizure medicine for a child for 3 months.

1 week of prescription medication for a female veteran working to reclaim her future.

2 chickens and 1 bible for a child in an impoverished country.

Transportation to 5 well-baby checkups for a needy mother.

Membership in a community center for 2 months for a low-income child.

Protection of more than 6 acres of rainforest.

1 bus pass for a teen to get to a part-time job.

4 hygiene kits to promote disease prevention and proper grooming among children in impoverished countries.

