



Food4Thought

People Helping People's Newsletter

March 2024

TYPICAL TUESDAY AT PHP

Before the doors are opened to the community at 9am, the facility is made ready. Donated bread and baked goods compliments of Publix are soon to be offered to those in need as a first come first served. Additionally, there is milk, yogurt, and other refrigerated items to hand out donated by local Dollar General stores. We begin to brew coffee.

Shortly before 9am, our volunteer greeter Tony arrives. He's been here for nearly a year. He knows the names and situations of most. He marks down on a spreadsheet why they are here. Coffee? Shower? Staying for lunch? Taking food home? Need to see someone from the clinic? Need to talk to someone about your situation? Tony has mentioned how heavy his heart is sometimes when he goes home after volunteering at our HELP Center, but as is his routine, he will be back Friday to offer that familiar and



hopeful "Hello! How may we help you?" People start coming in. With Tony in place, showers are scheduled,

instructions are given for how to help oneself to bread, baked goods, or other items just posted on PHP's Facebook page as available for those in need. If it's a new face, Tony will ask where they spent last night so we can best determine how to help.



The phone rings and Clyde answers as he has been doing for almost two years. Someone needs help making this month's rent.

The next caller wants to volunteer. Another call is someone asking to come in and be seen at the clinic.

It's now 10am and PHP's health clinic is open. Some have already signed up online to see our healthcare professionals who volunteer every Tuesday to address the needs of the sick, the injured, the unwell. Some patients have been coming for ongoing health issues. Another is seeking a prescription for blood pressure medicine.

None have health insurance. The clinic staff does as much as they can with an exam, a script, or referral to other medical providers.

As folks come in, some share their stories. Someone has been sick.

Someone has lost a job. They can't afford their utilities, rent. One is being abused. Many are struggling with substance abuse and mental illness .

By 10:30am, four have already taken their showers. We provide the toiletries and towels that we then launder here to have on hand for Friday showers.



Some come to charge their phones, drink coffee. Be around others. To get out of the elements, as it is cool this morning.

Food for lunch today is warmed in the oven.

Around 11:30am, hot meals are placed in containers to take to the homeless campsites in the area. Along with the hot lunch, bags of canned items, toiletries and other necessities are placed in the PHP van to begin its hours long travel to feed the homeless.

Lunch for the two dozen or so sitting in the dining room is served around noon.



(Cont. p. 6)

Weekend Blessings is supported by grants from the following:



PEOPLE HELPING PEOPLE

in Hernando County

www.phphernando.org
352-686-4466

Saturday, April 20

11 AM– 3 PM



PHP Help Center

1396 Kass Circle, Spring Hill, FL 34606

LAST DAYS TO ENTER THE CONTEST!!!

Call 352-686-4466 or stop by 1396 Kass Circle

SMILING HAPPY PEOPLE (HELPING PEOPLE)

BE SO HAPPY THAT
WHEN OTHERS
LOOK AT YOU,
THEY BECOME
HAPPY TOO.



PEOPLE
HELPING
PEOPLE

in Hernando County

www.phphernando.org

352-686-4466

Good food
brings people together and
nourishes the soul

Sunday Blessings
Meal Sponsors -
March
THANK YOU!!!!!



Hernando County Hispanic Heritage

DUNKIN'



High Point Lion's Club



Old Country Store

*Please show your appreciation by supporting these
fine establishments and organizations.*



PEOPLE
HELPING
PEOPLE
in Hernando County

www.phphernando.org
352-686-4466

"May all my thoughts words, and actions contribute in some way to the happiness of all beings."

Thank you to those who contributed monetarily in February!

- Anonymous (we know who you are!)*
- AA*
- Anthony & April Artesimio*
- Kelly Brown*
- Catherine Buonemani*
- Murilene Cronk*
- Donation Jar HELP Center*
- Ketan Ghia*
- Dr. Syed Waqar Hasan*
- Alison Kalvelage*
- Sona Movalia*
- John Rinaldi*
- Richard Sweade*
- Unitarian Universalist Church in the Pines*

Thank you to those who contributed In Kind in February!

- Anonymous (we know who you are!)*
- A.A.*
- Amy Lord*
- Andrea Obonnin*
- Cheryl Lawsom*
- Christine Adkins*
- Dennis Dwyer*
- Dollar General*
- Edith Kroeger*
- Florida Department of Health*
- Fran*
- Glen Lakes Bible Club*
- High Point Community*
- Irwin Rappon*
- James Walsh Jan Ball*
- Jennifer Bruce*
- Jose Rivera*
- Joseph Degado*
- Karen & Leo*
- Karen Blystone*
- Karen Dumice*
- Lisa Florita*
- Lyeia Campagno*
- Mary Ellen*
- Melanie Coley*
- Merry Oakes*
- Nate Johnson*
- Ogretta Miller*
- Robert*
- Robert Medina*
- Publix*
- Maddie Lyons*
- Melanie Shore*
- Nate Johnson*
- Suzanne*
- Theresa Soto*
- Tina Boyt*
- Tom*
- Tonya Kazar*
- Veronica Stringer*
- Woodwards*
- Zachary Butler*

THANKS FOR DONATING!
WE APPRECIATE YOUR GENEROSITY



PEOPLE HELPING PEOPLE
 in Hernando County

www.phphernando.org
 352-686-4466

Cont. from Typical Tuesday at PHP

This Tuesday's meal is chicken, mashed potatoes, and green beans. People from all walks of life and backgrounds sit together to enjoy what is for some, their only hearty warm meal until we serve lunch again Friday and then dinner on Sunday.

Conversation is light. People's moods brighten as their hunger is abated. Many are the same that come here either every day for respite or at least on the days meals are served. Others are here for the first time. By now, another dozen have taken showers.

Some slowly start to make their way out. PHP's people call out "Good-bye", "Be safe", "Remember, we have lunch again on Friday!"

The health clinic team collect their belongings and drive to Brooksville to offer healthcare to the uninsured there.

By 2pm, PHP's HELP Center is ready to close for now. It will re-open again this evening for an AA meeting.

Some of the people leave slowly, most likely not looking forward to where life has brought them.....a tent in the woods, a difficult time at home (but at least a home for now.)

The homeless are handed a bag of food to get them through the rest of the day until we see many of them again tomorrow. Fortunately, the temperature has risen, and it's sunny.

Volunteers and staff put another day of caring for those looking to PHP for help behind them as best we can. Tomorrow will be another opportunity to try to make a difference in someone's life.

Thank you to all those who care and support those in need in your community!

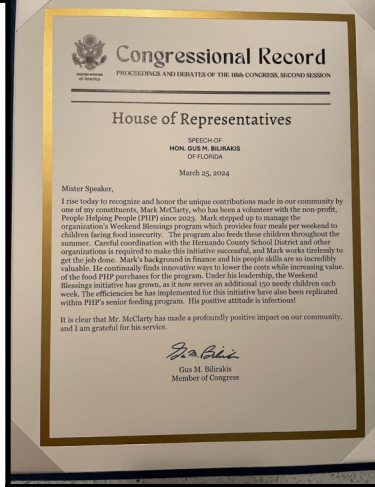
How cool is this?

PHP's Director of Weekend Blessings, Mark McClarty, was recognized and honored by the Honorable Gus Bilirakis as a 2024 Hero. His name has been included in the US Congressional Record.

In part, Mark was nominated because of his tireless contribution to our Weekend Blessings program. This is our program that distributes food for the weekend to Hernando County school age children. Since he started managing the program, Mark has found another 150 children to add the list of those who receive the four meals. PHP now provides Weekend Blessings bags weekly to nearly 500 children.

If you'd like to learn more about the program, please call us at 352-686-4466 or check us out on our website www.phphernando.org.

Congratulations, Mark!



Mobile Food Distribution

For low-income
Hernando County families

**Always the LAST Wednesday
of the month**
1396 Kass Circle

352-686-4466 with any questions
or to volunteer

HELP Center Calendar

Nature Coast Art League
Mondays, 9am

AA meetings
Mondays & Thursdays 8 pm
Tuesday & Wednesday 7pm
Fridays 7pm

Free Health Clinic
Tuesdays, 10 am - 1 pm

GED classes
Mondays, Wednesdays 1:30 - 4:30 pm

Meals for those in need
Sunday 3:30 pm
Tuesdays & Fridays, 11:30 am

Showers available
Tuesdays & Fridays, 10 am - 1 pm

<https://phphernando.org/calendar>



**PEOPLE
HELPING
PEOPLE**
in Hernando County