



Food4Thought

People Helping People's Monthly Newsletter

June 2022

Passing of the Torch

Doug Brainard has been carrying the torch for People Helping People in Hernando County (PHP) for many years. Those of you who know Doug know his servant heart. For the others who may not, we can't tell his story without sharing the history of People Helping People because of the large role he has played in its concept, establishment, and growth.

Doug's quest to help others really took off in 2008 when Hernando County and the rest of the country were going through difficult financial times. He joined with other community involved individuals to address the needs of the hungry in Brooksville.

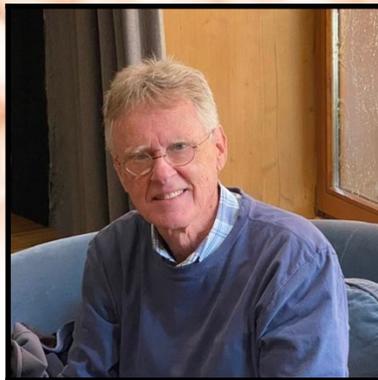
During this time, Doug and some of the other volunteers recognized the need for something similar in West Hernando that would serve those of all faiths.

People Helping People began serving meals in 2009 on Sunday afternoons at the Senior Center in Spring Hill, and the Sunday Blessings program was born. What started with seven guests for dinner in no time became 150.

To address the needs of others also less fortunate, the all volunteer-run PHP proceeded to create more programs - Weekend Blessings for children, Senior Blessings for the older population, and Neighborhood Blessings for the homeless.

In 2015, when rent at the Senior Center increased significantly, Doug went on a mission to find a better-suited, more affordable facility. He discovered an empty hardware building the owner was interested in selling, and it was a deal that just couldn't be turned down.

At this same time, with the dissolution of the Spring Hill Civic Association, monies from the sale of the nonprofit's Lake House were donated to PHP and the vision of having its own home became a reality for PHP.



Although the newly purchased building at 1396 Kass Circle was an exceptional facility, it would need major renovations to fit PHP's needs and mission of alleviating hunger in Hernando County. Thus began a major fundraising campaign Doug successfully oversaw. By 2019, renovations were complete, all without adding any additional debt to PHP. People Helping People opened its facility in March of 2019.

The non-profit has stayed the course of its mission of feeding the hungry in Hernando, even during the Covid pandemic. Much of that success is attributed by fellow board members, volunteers, and the non-profit's valued donors to Doug's helm at the board .

Doug and his wife of 54 years, Lynn, have been residents of Hernando County since 1973 where they raised their son and daughter. He and Lynn are blessed with grandchildren and expect to be taking more time to enjoy being grandparents. After retiring from his successful financial advisory firm, Doug has indulged in his primary hobby of garden railroading (if you don't know what that is, just ask him.....he's got pictures!). He and Lynn have traveled extensively (all 50 states and 5 continents) and hope to do more.

No matter where the road may take him, PHP hopes Doug will remember our address on Kass Circle!

Next month's newsletter will introduce the gentleman who has accepted the torch, our new board president Burton Melaugh and also our two new board members, Sandra Marrero and Tresa Watson.

Weekend Blessings is supported by grants from the following:



PEOPLE HELPING PEOPLE
in Hernando County

www.phphernando.org
352-686-4466

"Life's persistent and most urgent question is - What are you doing for others?"

There are so many ways you can make a difference at People Helping People in Hernando County.

- In kind donations are items such as food, toiletries, tents and other camping needs. Individuals, groups, social clubs, or businesses may hold a food drive.
- Cash donations enable us to buy food items that we do not receive as an in kind. If you prefer, you may designate which program you would like to see your donation go toward.
- We have an ongoing need for Sunday Blessings meal sponsors - individuals, organizations, or restaurants who wish to provide a "hot meal" for those experiencing hunger and food insecurity.
- Our volunteers are what keep us going! We have a variety of opportunities for those who want to help those in need (while feeling good about yourself, too).

***Thank you to those listed below
who contributed financially
during May!***

Access Healthcare
 Amazon Smile Foundation
 Anonymous (you know who you are!)
 Anthony & April Artemisio
 Linda M Bixby
 Kelly Brown
 Catherine Buonemani
 Charity Fund of Timber Pines, Inc.
 Mary Crouse
 Murilene Cronk
 Alesxs Fedrick
 William & Teresa Gilbert
 Syed Waqar Hasan, MD
 Highpoint Lions Club
 Bryon Holz
 Joshua Foundation of Hernando Co.
 Alison Kalvelage
 Robert W. Kwarren
 Jennifer Merkowski
 Paypal Giving Fund
 James M & Debra J Peary
 Joseph Plenkos
 Preceptor Delta Iota Ch XP 2332
 Marlene Shaw
 Richard Sweade
 Timber Pines Ladies Golf

**Sunday Blessings
 May/June
 Meal Sponsors**

THANK YOU!

**Holy Trinity Lutheran
 Church**

La Cucina Internazionale



**Thank you to all who provided
 in-kind donations during April!**

AAPC
 Access Healthcare
 Anonymous (you know who you are!)
 Bart
 Frank Bruno
 Jennifer Bliska
 Barbara Henshaw
 Campers Holiday
 Lee Dolen
 Hedy Emerson
 Garden Club
 Jane
 Linda
 Dr. Nimmagadda
 Rosa
 Richard Savarinok*
 Spring Hill Animal Hospital
 USPS letter carriers**
 Patti Van Matre
 YMCA members
 Joe Young

*in memory of Maria Savarinok
 **on behalf of USPS customers

***Donations to People Helping People
 can be mailed to
 PO Box 6182, Spring Hill FL 34611
 or donate online at
www.phphernando.org***

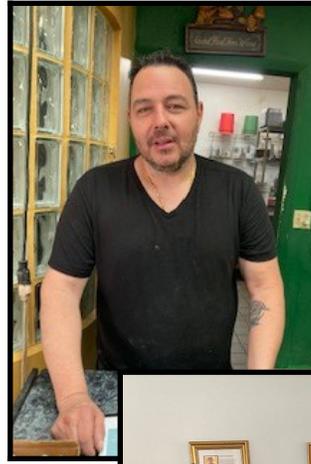


**PEOPLE
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 352-686-4466**

Some Folks We Couldn't Do It Without

"Volunteers do not necessarily have the time; they just have the heart"



Even a Child Is Known by Her Doings

Last month, Proud momma Brittany wrote to PHP explaining how her daughters are very sympathetic to the plight of the homeless and have hearts of gold. In fact, the girls wanted to make peanut butter and jelly sandwiches to help feed those facing hunger with no place to call home except a tent or tarp in the woods. The girls also wanted to include a couple of extra snacks with the yummy sandwiches.

The project ended up almost as big as their hearts. All together, family and friends donated **170 pounds of food**. Most special was the **62 PB&Js** put together with love and handed out at homeless campsites around the county. Thank you, Letty!



Letty from the Girl Scouts of West Central Florida

The Kids Need You! So do we.

Looking for someone who wants to help with the fight to feed hungry children in Hernando County. We are looking for a volunteer to manage our Weekend Blessings program. The rewarding feeling you'll receive by helping with this program could change your life!

Call [352-686-4466](tel:352-686-4466).



www.phphernando.org
352-686-4466



Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope.

AA Meetings at the HELP Center,
1396 Kass Circle, at 8pm

- **Mondays** (The Step In The Right Direction)
- **Thursdays** (Aripeka Big Book)



Mobile Food Distribution

Wednesday, June 29 and July 27

We need Volunteers to help pack and distribute the bags of food!

To volunteer, call 352-686-4466

For those interested in receiving food, please line up in your car at 10:30 am

Location: HELP Center
1396 Kass Circle, Spring Hill

(Please be aware that we never know what we'll get on the truck.)

HELP Center Calendar

June

Nature Coast Art League
10am Mondays

AA Meeting
8pm Mondays/Thursdays

Showers available
10am - 1:30pm Tuesdays/Fridays

Free Health Clinic
10am Tuesdays

Lunch offered
11:30am - 12:30pm Tuesdays/Fridays

Sunday Blessings
3:30 pm Sundays
A hot meal dining experience for those in need

Want to know what's going on at People Helping People?
Our Calendar is online - view it here:
<https://phphernando.org/calendar>

Easy Recipes

From Food Pantry Items

What do you think when you imagine food from a food pantry? Cans of vegetables, noodles, soups. All true, but delicious and healthy meals can be made from common food pantry items.

Here's the recipe for easy Peanut Butter and Jelly Oatmeal

½ cup oats
½ cup milk
1 tablespoon jelly
1 tablespoon peanut butter

1. In a medium sauce pan bring the milk to a boil. 2. Add oats, reduce heat to low, and simmer for 5 minutes 3. Once cooked, add peanut butter and jelly 4. Mix well and enjoy!

Do you have a recipe to share that uses food pantry items? Send it to admin@phphernando.org and we'll share it with our readers.

Help for the Ukrainian Refugees

PHP first became aware of the needs for the Ukrainian refugees who were now living in Spring Hill via Tonya who reached out through our Facebook page.

She wrote: *"I'm assisting multiple families who have come here from Ukraine with nothing. We have been financially supporting them but our own resources are running low now. Please help."*

One of PHP's board members was already looking to help Ukrainian refugees through the Rotary group she belongs to and met with Tonya and Nadia, one of the mothers who had escaped the violence in Ukraine.

After hearing of their plight, the very next day the PHP board of directors quickly acted to help the four families composed of five adults and nine children by providing emergency food and ongoing weekly food donations. If you would like to help, please email admin@phphernando.org.



You can find more information & photos on our Facebook page.



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