



Food4Thought

People Helping People's Monthly Newsletter

October 2022

DO THE HOLIDAYS BRING OUT THE BEST IN YOU?

Do the upcoming, year-end holidays bring out the best in you? It does for most, but why?

People Helping People usually sees an uptick now through the year-end in giving, through monetary donations and in-kind items and offers to volunteer. For this, we are very grateful as this time of year seems to be more difficult for the homeless and others struggling to stay afloat. We see more need, and through the generosity of so many of you, we are better able to respond.

Each holiday season, thousands of children lack even the bare necessities of everyday life, many right here in our community. These children are no different than other children. They, too, dream about what special gift they may receive during this extraordinary time of year. They look forward to family gatherings with deliciously prepared meals and treats. But, perhaps their parent lost his/her job, or it's a matter of both parents working but not earning enough to make ends meet. Sometimes, there's abuse.

When you support PHP, together, we are able to help through our Weekend Blessings program, sending food and snacks home for the weekend for those identified as in need.

For the holiday season, you may be planning a trip home to be with family or you may have invited family to your beautifully decorated home. The homeless can't go home and in many ways, they are just like us. Homelessness can be one medical emergency, one hike in rent, away for any of us.

When you support PHP, together, we are able to help the homeless by providing meals, groceries, toiletries, healthcare, and showers through our Neighborhood Blessings program.

You may fondly remember holidays when Grandma cooked a delicious holiday meal and invited her children and grandchildren to share. Instead, there are seniors who may not have enough to eat on any given day, let alone make turkey dinners for their loved ones, because they've had to make the decision whether to pay rent or have their prescription filled.

When you support PHP, together, we are able to help through our Senior Blessings program that sends monthly groceries to seniors in low-income housing.

Dinner out on the town at one of Hernando County's fabulous restaurants is something enjoyed by many of us, especially during the holiday season. Restaurant quality or homemade meals are out of reach for the homeless, many of our senior citizens, and what is known as the "working poor".

When you support PHP, together, we are able to help those folks through our Sunday Blessings meals, sponsored by local restaurants and
(cont. p2)

Happiness
DOESN'T RESULT FROM
WHAT WE
get,
BUT WHAT WE
give.

Weekend Blessings is supported by grants from the following:



**PEOPLE
HELPING
PEOPLE**

in Hernando County

www.phphernando.org
352-686-4466

DO THE HOLIDAYS BRING OUT THE BEST IN YOU? (cont.)

community groups and served by our volunteers most every Sunday.

These are the populations that People Helping People serve. The hungry homeless, children, seniors, and financially struggling.

Generosity is about letting things go. It awakens the heart and loosens the bonds of selfishness. When you give with consciousness and intention, you feel good. You feel noble. And, it sets up a chain reaction. The recipients of your generosity feel grateful. Others who witness your kindness feel good, too. Acts of generosity and kindness are contagious and can influence others to do the same.

Did you know that when you give from your heart, your brain releases oxytocin – the same chemical that surges when you hold your baby or snuggles with your dog? And, there are positive

health results when we are caring. A simple act of giving has been shown to help those with addiction and mental health issues. It can improve physical problems, too, by temporarily lowering blood pressure.

Giving just simply makes you feel good, and when you do it around the holidays it keeps with the positive happy feelings we like to associate with seasonal celebrations.

And that's all great stuff!

But, your kindness and generosity are needed through the rest of the year. Hunger is still there for those in need in January. In February. In March.....

Keep the joy in the holidays, but let it continue all year.

Thank you for your support of People Helping People.

SPECIAL REQUEST!

Our super team of volunteers who come every month to pack and deliver bags of groceries for our Senior Blessings recipients have a special request for donated items.

We are asking for certain foods that our seniors can use as part of making a "traditional" turkey dinner.

- ◆ Stuffing mix
- ◆ Cornbread mix
- ◆ Mashed potato mix
- ◆ Cranberry sauce
- ◆ Gravy mix

We pack bags for 140 seniors, so every little bit helps! Please be sure to donate only unexpired, unopened items.

THANK YOU!



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"No one is useless in this world who lightens the burden of another."

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 keeps 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 September!

Alcoholics Anonymous
Anthony & April Artemisio
Linda Bixby
Kelly Brown
Catherine Buonemani
Murilene Cronk
James Distefano
Elks Lodge 2582
Alexsys Fedrick
Frontstream/SPV LLC
Dr Syed Waqar Hasan
Alison Kalvelge
Robert W. Kwarren
Marion Lamberti
Network for Good
James M & Debra J Peary
St. Theresa's Religious Store

Please mail your check donation to:
People Helping People
PO Box 6182
Spring Hill, FL 34611

Sunday Blessings October Meal Sponsors THANK YOU!



Glen Lakes and Saturday Golf



Elks Lodge 2582

Thank you to all who provided in-kind donations during September

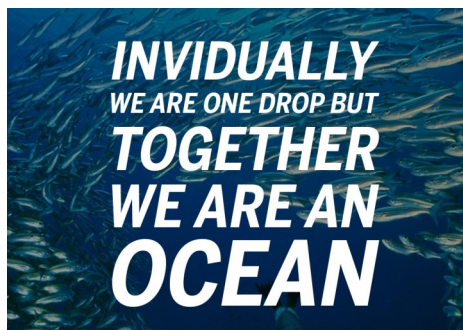
Anonymous (you know who you are!)
Brenda & Kevin
Britney
Frank Brunot
Mary Ellen Caesar
Kaylee Cordisco
Suzi Dewey
Discovery Point
Dollar General
Dottie
Vicky Foy
Hernando Co Sheriff Dept
Denise Joliff
Joseph
Kathy
Maggie & Jennifer
Jim Mason
Publix Serves
Rookies
The Weavers
Wellington
Evelyn Zimmerman

***In-kind donations may be dropped off
M-F, 9am - 2pm at:***
People Helping People
1396 Kass Circle
Spring Hill FL 34606



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Thelma Jean Grimsley Joseph Richard Presgraves

People Helping People in Hernando County recently saw the passing of two wonderful and giving friends - Thelma Jean Grimsley (Jeannie) and Joseph Richard Presgraves (Rick).

Jeannie and Rick started the Neighborhood Blessings program. This program was able to grow and continue the mission of helping the homeless because of the devotion and selflessness of these two genuinely kind people.

Jeannie will be remembered as "a friend to all, devoted to people in need and to those she loved." Her desire was to have her ashes released near Johns Pass at Madeira Beach, Florida.

Rick was "a friend to many" and will forever remain in the hearts of those who loved him. As he served honorably as an Aviation Boatswain's Mate in the US Navy during the Vietnam War, he will be interred at the Florida National Cemetery in Bushnell.

May their family and friends find comfort in the impact Jeannie and Rick made in the world.

HELP Center Calendar

Our Calendar is online - view it here:

<https://phphernando.org/calendar>

Nature Coast Art League

10am Mondays

AA Meeting

8pm Mondays/Thursdays
7pm Tuesdays/Wednesdays/Fridays

Showers available

10am - 1:30pm Tuesdays/Fridays

Free Health Clinic

10am Tuesdays

Lunch offered

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

GED Classes

1:30-4:30 Tuesdays/Thursdays

Sunday Blessings

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



Mobile

Food Distribution

Wednesday, November 30

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

To volunteer, call 352-686-4466

For those in need of 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 or how much we'll get on the truck.)*



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

- **Monday 8pm** (The Step In The Right Direction)
- **Tuesday 7pm** (Aripeka Speaker Mtg)
- **Wednesday 7pm** (Spiritual Axiom)
- **Thursday 8pm** (Aripeka Big Book)

AA Hotline for Hernando County:

352-683-4597

*Find more information &
photos on our Facebook and
Instagram pages*



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