



Food4Thought

People Helping People's Monthly Newsletter

April 2022

FREE CLINIC TUESDAYS AT THE HELP CENTER

People Helping People (PHP) is pleased to announce that our Free Health Clinic is now open every Tuesday of the month from 10am to 1pm, at our 1396 Kass Circle HELP Center. Eligibility includes those uninsured and low-income people seeking medical attention for chronic or general medical issues.

Two and a half years ago, Maureen Soliman, RN, BSN, Master in Healthcare Administration, and future PHP Board member, brought friend Dr. Elaine Moorman, APRN, to see the PHP facility. They formed a plan, and so the Free Clinic began.

The PHP Board agreed to open the Free Health Clinic, and Maureen and Dr. Moorman, who had prior experience in this field, paved the way. They, along with volunteers Ardis Ligan and Phoebe Perez, RNs,

Bruce Resitch, LPN, and Cleoann Druzbeck, Patient Resource Coordinator, launched operations and began seeing patients.

The Free Health Clinic is accredited, trained, and regulated by the Florida



Maureen, Cleoann, Dr. Moorman, and Bruce

Department of Health. All volunteers for this program must go through strict training. Some of the chronic health issues seen at the Clinic include

skin infections (common in the unsheltered population), high blood pressure, diabetes, COPD, and other respiratory illnesses. Previously, Covid vaccinations were offered.

When patients arrive, they are assessed, vitals are taken, and their current health situation is discussed. Next, they see Dr.

Moorman for a physical exam, are assigned a treatment plan, and if necessary, are referred to Premiere Healthcare for expanded services.

The PHP Free Health Clinic also partners with America's Best pharmacy to offer free eye exam vouchers, and in the future, we look to include a mental health component, and dental exams as well.

For Maureen Soliman, helping others is in her blood. She comes from a family of first responders and those employed in Human Services. "The strong help the weak. That's my mantra and that's what we are able to do at People Helping People and the Free Health Clinic."

Walk ins are welcome, although an appointment is suggested. To make an appointment or if you have any questions, please call 352 686-4466.

Weekend Blessings is supported by grants from the following:



PEOPLE
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PEOPLE
in Hernando County

www.phphernando.org
352-686-4466

“Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver.”

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 March.

Amazon Smile Foundation
Anonymous
Anthony & April Artemisio
Linda M Bixby
Lee Brainard Charitable Fund
Kelly Brown
Catherine Buonemani
Murilene A Cronk
Alesxs Fedrick
Richard H & Ellen K Frank*
Vernon & Avis Harrison
Syed Waqar Hasan, MD
Robert W Kwarren
Karen S Latusek
Margaret Millman
PayPal Giving Fund
Joseph Pienkos
Preceptor Delta Iota Chpt XP2332**
Michael A & Nancy L Sexton***
Timber Pines Irish Club
Aubrey M Tolson, Jr Trust

**In honor of Janet Wilkins on her 90th birthday*

***In honor of Karen Linhard, Sandra Ardes, Betty Brown, Pati Krauter & Christine Bowman*

****In memory of Hiltrud Davids*

Thank you to all who provided in-kind donations during March:

Anonymous
Lorraine Berinato
Betty
Boys Scouts
Bravera Health
Jules Ellis & Wyatt
Holy Trinity Orthodox Church
Quilters of Nature Coast
Patti Van Matre PEO
Powell Middle School
Spring Hill Animal Hospital
Spring Hill Branch Library
Timber Pines
Timber Pines Ladies Member
Guest Golf w/ Rural King
Lisa Tornuff
Walgreens
Wellington at Seven Hills



PHP was selected to receive a \$1 donation for every \$12.99 Bloomin' 4 Good Bouquet sold at the Winn-Dixie stores at 4221 Mariner Boulevard and 2240 Commercial Way in March.

To those who picked up a bouquet to brighten someone's day - thank you. You also brightened ours and the people in your community! Thank you, Winn Dixie!

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



Spring Hill Central Rotary



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352-686-4466**

Some Folks We Couldn't Do It Without



Mobile Food Distribution Volunteers

There was a strong turnout from a regional team of managers from Walgreens who volunteered to help with the Mobile Food Distribution PHP does once a month in partnership with Feeding Tampa Bay.

With their team's effort, we were able to place bags of food into 100+ cars, helping to feed more than 550 adults and children.

"It was great to get back into our community and see what great things are being done to help those in need. The commitment from the volunteers is inspiring and we are so grateful to be able to help," said Cheryl Brors, one of the Walgreen store managers there that day.

Yes, Cheryl! The Walgreens team commitment was inspiring and much appreciated.

Perhaps we need a little competition to see what other business wants to take on Walgreens' commitment? If your group would like to volunteer, call 352-686-4466.

Our next Mobile Food Distribution is Wed., April 27. Call 352-686-4466 if you'd like to help.



Sunday Blessings Sponsors - March

How fortunate to have sponsors like Dunkin', Cracker Barrel, Knights of Columbus, and the Rotary to donate delicious and nutritious food so that we may provide a warm meal for those who are hungry!



PHP volunteer Angela with Lisa, Catering Sales Mgr., Cracker Barrel



Marcello, mgr. at Dunkin', with PHP volunteer Angela

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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)



Our Next Mobile Food Distribution

Wednesday, April 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 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 **APRIL**

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

GED Classes
1pm Tuesdays/Thursdays

Sunday Blessings
3:30 pm Sundays

A hot meal to-go 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>



Hi, there! I am Kendra, the new Executive Director for People Helping People in Hernando County, and in

the short time I've been here I have been introduced to people and programs that go beyond my anticipation.

PHP is fortunate to have a strong core group of people who volunteer their time, energy, and spirit to do whatever part they can to work toward our mission of alleviating hunger in Hernando County.

Some pack bags of food that are then delivered to kids at several local schools so they have something to eat over the weekend – our **Weekend Blessings** program.

Others do the same for seniors in local communities – our **Senior Blessings** program. There is a team of folks that packs hot meals and delivers them to those who are living in the woods or other unsheltered areas - our **Neighborhood Blessings** program. Our volunteers also serve restaurant quality food as a hot meal on a Sunday – our **Sunday Blessings** program. Our volunteers include a team of healthcare providers who will tend to your health issues - our **Free Health Clinic**. We have a volunteer who will go just about anywhere to pick up donated food so we can add to our emergency food inventory. And, this place couldn't operate without proper maintenance, keeping our facility clean and running well. Again, it's volunteers that do that.

Why do they do all this? Because they have a servant's heart. Because they need to pay back or want to pay forward. And, yes, some because they want to fill their day and enjoy social interaction. Whatever the reason, People Helping People couldn't help people without them.

If you are hungry or in need of help, please call 352-686-4466. If you can help, please call 352-686-466

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



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



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