



Food4Thought

People Helping People's Monthly Newsletter

Nov. 2021

Thank you to all who helped make our 10th Annual Hoedown a success!



Although our Hoedown wasn't a big party this year, we would still like to thank all those who supported us!

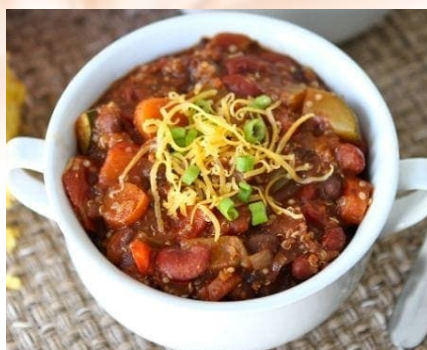
- Lead Foot City
- Amerifirst - Maria Pienkos
- Betty Marie's Catering
- Bomhoff Law Firm
- C&M Electric
- Campbell & Company
- Canada Health US Discount
- Carter Formeman Attorneys at Law
- Coastal Engineering, Inc

- Crystal Motors
- Flammer Ford - Bill Schwiebert
- Flammer Ford - Tim Crandall
- Florida FIN - Matt Stegman
- Florida Luxury Realty
- Hernando Eye Institute
- House of Claddagh
- Imperial Cleaners
- Integrity Pest Control Services
- J&J Pest Away
- Janet's Dog Sitting
- Johnson for Hernando County School Board
- Joni Industries
- Lyon's Law Group
- McRae McRae Realty - John & Ann McRae

- McRae McRae Realty - Marlene Shaw
- Mr. Jim
- Preferred Property Assoc - Team Crouse
- Premier Landscape & Property Maintenance
- Reliable Construction & Plumbing
- Rick Matthews
- Rotary Club of Spring Hill Central
- Shutter Pro
- Sir Speedy Print Signs
- Temple Beth David
- The Islamic Center of Hernando Cty
- Truist - Theo Batchelder
- Vans Cars and Trucks
- White Diamond Realty - Janet Wilkens



The chili cook-off is back! See page 3 for more information.



OUR NEEDS

We currently are in need of 16-ounce peanut butter and small juice boxes. If you are able to donate, please bring it by the HELP Center, M-F from 9am-2pm or call us for large donation pick up.

352-686-4466

Thank you!

HELP Center Calendar

Mondays & Thursdays at 8 pm
AA meetings

Tuesdays & Fridays
11:30 am - 12:30 pm - **Lunch**

Tuesdays & Fridays
10 am - 1 pm - **Showers**

Second and Fourth Tuesday
from 10 am - 1 pm - **Free Clinic**
The podiatrist is here the 4th Tuesday.

Tuesdays & Thursdays
from 1-3 pm - **GED classes**

Wednesdays at noon
SH Central Rotary meeting

Sundays at 3:30 pm
a **Hot meal to-go**

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



Thank you, Barb Henshaw and Gifts From Home for the donation of 60 hygiene bags!



**PEOPLE
HELPING
PEOPLE**

in Hernando County

#FeedingHernandoCounty

TOGETHER, WE MAKE A DIFFERENCE!

Cash donations enable us to buy those food items that we do not get in donations. Thank you to those listed below who contributed financially during the month of October.

Anthony & April Artemisio
Linda M Bixby
Kelly Brown
Catherine Buonemani
Barry & Phyllis Church
Murilene A Cronk
Crystal Motor Car Employees
James A Distefano
Judith A Hughes
Alison F Kalvelage
Robert W Kwarren family
Nature Coast Art League
Network For Good
Oak Hill Hospital Medical Staff Inc
Morris & Lois S Oberlander
PK & Liza Paul, MD
James M & Debra J Peary
Joseph Pienkos
Lorne & Christine Robbins
Victor & Barri Schledt
Spring Hill Garden Club
Richard Sweade
Temple Beth David Jewish Center
Ronald W VanMatre
Greg & Linda Wolff

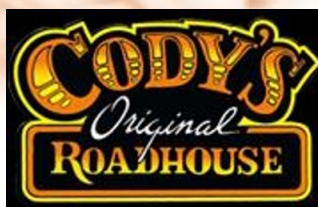
THANK YOU!

October Sunday

Blessings meal sponsors

GlenLakes Wednesday Golf

GlenLakes Bible Study



Thank you GlenLakes Bible Study for your donation of a delicious meal for Sunday Blessings.



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

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

Brookridge
Dollar General
Gifts from Home
Anna Hunt
Lowe's
Nature Coast Parrot Head Club
Salvation Army
St. Joan of Arc, KOC #11317
Temple Beth David
Wellington

Need a HS diploma?

If you never received your high school diploma and think that is something you'd like to accomplish, the Adult & Technical Education division of the Hernando School District is offering help with the **General Educational Development Test (GED)**.

The GED is a series of tests that will indicate whether or not a person has a high school level of education.

Instructors are at the HELP Center to answer questions and help people with tutoring to obtain their GED on **Tuesdays and Thursdays from 1-3pm.**

If you are interested in learning more about taking the GED test, please come by the HELP Center on Tuesday or Thursday afternoon.

BINGO!

The Rotary Club of Spring Hill Central is sponsoring a Holiday Bingo night on Friday, Dec. 10, 5-9 pm, at the Masaryktown Community Center. The cost is \$35 per person and includes dinner and Bingo. [For more info, and to buy tickets, click here.](#)



**PEOPLE
HELPING
PEOPLE**

in Hernando County

1396 Kass Circle, Spring Hill, FL
352-686-4466
www.phphernando.org

Our Next Mobile Food Distribution

Wednesday, Nov.27

Begins 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.)

To volunteer, call 352-686-4466

If you have news or a photo of interest to share, please send it to Becky at admin@phphernando.org.



Save the Date

**Saturday,
February 19,
2022**

11 AM - 3 PM

**Contestants, Judges
and Volunteers &
Chili-Eaters Needed.**

Call: (352) 686-4466



PHP Help Center

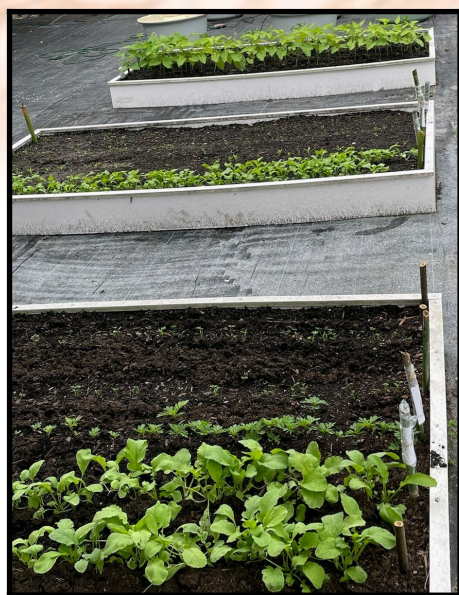
1396 Kass Circle, Spring Hill, FL 34606

For the benefit of ...

People Helping People in Hernando Co. (PHP)

PO Box 6182, Spring Hill, FL 34611

www.phphernando.org • (352) 686-4466



Our garden is certainly getting green. If you like to weed, please let us know.

If you have news or a photo of interest to share, please send it to Becky at admin@phphernando.org.



Volunteers Needed

We're looking for a few volunteers for **Sunday, Nov. 21, from 8am-2pm**, at Lead Foot City's monthly Super Swap Meet.

The volunteer jobs will include telling visitors about PHP, collecting food donations, and helping with parking/traffic.

Lead Foot City is located at 17109 Old Ayers Road, Brooksville.

If you are able to help in any way, please give us a call at 352-686-4466.



You can find more information & photos on our Facebook page.
[#FeedingHernandoCounty](https://www.facebook.com/FeedingHernandoCounty)

Weekend Blessings is supported by grants from the following:



IN NEED OF FOOD?

A list of available food pantries and programs around Hernando County is on our website. Please share.

phphernando.org/resources



**PEOPLE
HELPING
PEOPLE**

in Hernando County

1396 Kass Circle, Spring Hill, FL
352-686-4466
www.phphernando.org

Free Clinic

Uninsured people can be evaluated by a Nurse Practitioner for general medical problems

→ First Tuesday of the month

VineLife Christian Church Comm. Cntr
375 Broad Street, Brooksville

→ Second & Fourth Tuesdays

People Helping People
1396 Kass Circle, Spring Hill

→ Third Tuesday of the month

Holy Trinity Lutheran Church
1214 Broad St., Masaryktown



Thank you so much for making signs for our free clinic, Norman Aldrich, Paul Ligman, and Jim Stegner, from the Knights of Columbus #11317 at St. Joan of Arc church.

Looking for a good way to promote your business? We need large plastic and/or reusable grocery bags for our programs. You can get them printed with your business information on the sides. Drop them off at the HELP Center (1396 Kass Circle) between 9am-3pm, weekdays.

If you have news or a photo of interest to share, please send it to Becky at admin@phphernando.org.

Sugar, Spice, and Everything Salty

Your Guide to Healthy Eating at Thanksgiving, -Katie Shirley, RN

- **Sugar:** Explore alternative sweetening ideas to avoid excess processed sugar and the resultant blood sugar spike. Some examples are bananas, honey, sweet potatoes, and apple sauce.
- **Spice:** Certain spices and flavors can “trick” your brain! Cinnamon and vanilla can make your brain think that the dish you are eating is sweet. The savory flavors found in parmesan cheese, beef and chicken broth, and vegetables like green peas, onions, and mushrooms encourage your brain to think that you are full – even after eating less food!
- **Salt:** If you are prone to water retention, bloating, or high blood pressure, be cautious about hidden salt content. Soup, ham, gravy, and salad dressings are examples of food that are high in sodium; opt for reduced-sodium varieties, poultry, the natural juices from cooking, and oil/vinegar, respectively, to control salt intake.

Bloomin' 4 Good

Through the end of December, People Helping People has been selected to receive a \$1 donation for every \$12.99 Bloomin' 4 Good Bouquet with the red circle sticker sold at Winn-Dixie, 6270 Commercial Way, Brooksville.

When you're there, be sure to tell them “Thank you for supporting People Helping People!”



Need Help?

Do you have a past-due rent or utility notice, eviction notice, or are at risk of not paying your rent next month?

Florida's federally-funded emergency rental assistance relief program is available to support residents and businesses as they continue to recover and rebuild.

Go to OurFlorida.com or call 833-493-0594 for more information.

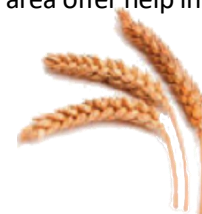
You may also visit FindHelp.org and see what other organizations in your area offer help in other ways.



Mondays & Thursdays at 8 pm
at our HELP Center
1396 Kass Circle, Spring Hill.



You can find more information & photos on our Facebook page.
[#FeedingHernandoCounty](https://www.facebook.com/FeedingHernandoCounty)



**PEOPLE
HELPING
PEOPLE**

in Hernando County

1396 Kass Circle, Spring Hill, FL
352-686-4466
www.phphernando.org