



H.E.L.P. House Community Outreach

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Agency of the United Way of Clark, Champaign and Madison Counties – Agency of the Mid-Ohio Food Bank

Happy ~~Happy~~ The Hardest Holidays

The hardest holidays – ask anyone who has had a major loss in their lives during the past year. These are the hardest weeks to endure!

But what if the loss is that of a job or the loss of any hope whatsoever of having a “normal” Thanksgiving dinner or a Christmas celebration? This loss of holiday hope may be due to many major life changes that our clients face every day. Shall we walk in their shoes for a moment?

What would you do if you had any of the following this past year?

- ♥ Loss of job
- ♥ No income
- ♥ Eviction
- ♥ Dependence on food and clothing from a food pantry
- ♥ No medical provisions
- ♥ Personal and family illness
- ♥ Fragmented relationships due to the above

Our clients not only have one of these events, but most have multiple situations simultaneously. **Where do the children fit into this scenario?** What stress does it put on the children? For the children and the adults alike, we at the H.E.L.P. House need to stand in the gap for many of our neighbors, supplying just some of their needs. Especially through the holiday season, we focus on the children. This is the reason for our complete attention to children’s basic needs – food, clothing and loving care.

All of us -- rich and poor -- have an inner need to be needed, the desire to be a gift to someone else.

- ♥ Can you be that gift to kids in poverty?
- ♥ Can you help us with Thanksgiving and Christmas with Thanksgiving food, monetary gifts, new or gently-used items, and/or volunteer time? We are trying to build the roots of family traditions in households too precarious to think about creating what the rest of us take for granted.
- ♥ Would your organization or church want to be a **Partner** with us on one of the missions enclosed in this newsletter?

We appreciate you – how you as individuals and partners are giving us yourselves so that others may be encouraged and comforted. We are so grateful for your support.

In loving kindness, *Dee Heilman*, Director

Quick Facts: Holiday Outreaches on Pages 2-3

• Thanksgiving Outreach, 11/19

Need cases or quantities of canned corn, green beans, instant potatoes, gravy packets, canned yams or sweet potatoes, dessert mixes or pie crusts and fillings.

• **Coughlin Motors is our Thanksgiving Partner!**

Watch area newspapers to find their food-matching program!

• Need volunteers!

• Christmas Party for Children, 12/11

- St. James Lutheran Church (Hilliard) is our Party Partner!
- Need hats & gloves
- Need volunteers

• Christmas Shopping for Parents/Guardians, 12/17

Need Volunteers for Elf Nights to wash & repair toys; watch area newspapers for dates! Need new/gently-used gifts and toys
New/gently-used clothes
New socks and underwear
Need volunteers!

Thanksgiving Outreach: Saturday, November 19, 9 – Noon (Volunteers 8 – Noon)

Our annual Thanksgiving Outreach at the H.E.L.P. House is different from what you might imagine.

Consistent with our “choice” food pantry, on our Thanksgiving Dinner Outreach day, our clients have pre-registered to shop for items to make their own complete Thanksgiving Dinner, and they are able to select the foods that they want to prepare.

Most years, we encourage monetary donations so we can purchase Thanksgiving foods at bulk, reduced prices.

This year our food source has shortages of what we need; therefore, we are “trimming the menu” and we are requesting cases of the foods listed below – or whatever you wish to donate. Monetary donations will be used to “fill in the blanks.”

Our goal is enough food for **300+ families (1,000+ individuals)** so they can prepare their own special Thanksgiving Dinner. We are nowhere close to having the food or the money for this number of families in need.

***Coughlin Automotive Group is our Thanksgiving Partner!
Watch area newspapers for their food-matching program!***

<i>Donations Suggested Menu</i>	<i>Volunteers</i>		
<i>Items we need by November 16th Noon</i>	<i>We need <u>you</u>.</i>		
Monetary donations are always appreciated. Turkey breasts, turkeys, hams Canned Corn or Canned Green Beans Instant potatoes Gravy packets (not canned or bottled) Stuffing Mix (boxed) Canned yams or sweet potatoes Dessert mixes or pie crusts & canned filling	Wed. Nov. 16	Noon – 3 pm	Set-up of food stations Move tables Hang signs Clear out regular pantry
	Wed. Nov. 16	3 – 8 pm	Organize food stations
	Thurs. Nov. 17	3 – 8 pm	Organize food stations <i>(optional time, could be cancelled depending on work completed on Wednesday)</i>
	Sat. Nov. 19	8:00 – Noon	<i>Thanksgiving Outreach:</i> Arrival at 8 am Training at 8:15 am Manage food stations Restock every hour Carry food to vehicles Clean up food stations (Noon – 1)
<i>Contact for Donations and Volunteer Registration:</i>	BJ Bryant, Community Outreach Coordinator bbryant@columbus.rr.com; 740-500-8986		

***As you enjoy your Thanksgiving Dinner,
you will know that others are having the same experience of gratitude.***

His Little Lambs Christmas Party: 12/11, 2 - 4 pm

This party focuses on the birth of Jesus instead of stories about Santa. We will have activities and stories, plus food for the kids. **St. James Lutheran Church in Hilliard is our Children's Party Partner** providing food and goodie bags.

We still need:

Hats and gloves for kids, and volunteers to help with

1. set-up on Saturday, 12/10, (11 am – 1 pm);
2. Sunday, 12/11 (noon – 2 pm) for preparation, and
3. Sunday, 12/11 (2-4 pm) for implementation and
4. Sunday, 12/11 (3-5 pm) for implementation and clean-up.

Contact BJ Bryant at bbryant@columbus.rr.com or 740-500-8986 to register to volunteer!

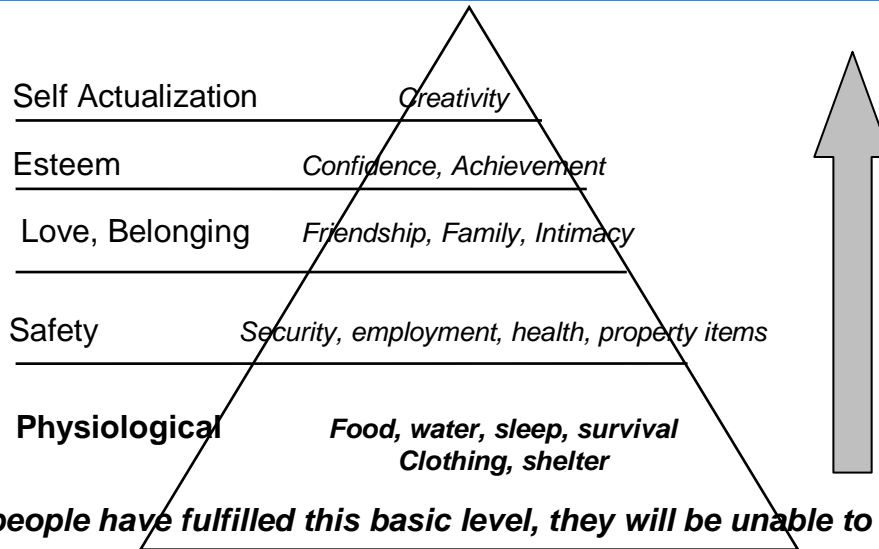
His Little Lambs Shopping Day for Parents/Guardians: 12/17, 9 am - 1 pm

This amazing outreach provides new and gently-used gifts for children -- the parents/guardians are able to select the gifts on December 17. In that way, when the children open their gifts on Christmas morning, the presents are from the parents, not from a charity. We strive to have one new gift and perhaps 3-4 used gifts per registered child. We are planning for approximately 500 kids to be pre-registered by their parents/guardians. **Merchants National Bank has signed on to be a Christmas Partner.**

Here's how you can directly be a part of a child's Merry Christmas:

Donations	Volunteers		
Items we need by December 14th Noon	You or your group can volunteer during <u>any portion</u> of the times below. Please register your volunteer times with BJ Bryant at bbryant@columbus.rr.com or 740-500-8986. Volunteer times <u>may be changed or cancelled</u> depending on numbers of volunteers registered to attend on any specific day.		
<p>The focus will be kids ages 0-13. Gifts may be given to kids 14 and over if available.</p> <p><i>New and gently-used:</i></p> <p>Gifts for kids of all ages (unwrapped)</p> <p>Toys and games (unwrapped)</p> <p>Teenage gifts (unwrapped)</p> <p>New and gently-used clothing</p> <p>New socks and underwear</p> <p>Wrapping paper</p> <p>Scotch tape and bows</p> <p>Batteries (all sizes, but especially AA)</p>	<i>Elf Nights : washing and repairing toys</i>		
	Santa's Workshop!		
		Watch newspapers for dates and times!	
	We clean & repair those gently-used toys and gifts that you have donated!		
	Wed. Dec. 14	Noon-8 pm (or portions)	Set-up tables/stations
	Thurs. Dec. 15	3-8 pm (or portions)	Arrange toys/gifts
	Sat. Dec. 17	8 am – 1 pm (or portions)	Christmas Shopping Day!

About our clients: do you remember Maslow's Hierarchy?



Unless people have fulfilled this basic level, they will be unable to progress higher.

The H.E.L.P. House is devoted to helping clients achieve some of these basic physical needs so that they can make progress in the rest of their life areas.

Obviously, this is not a research paper on Maslow's Hierarchy of Needs. But we know the reality from our clients – they have trouble coping with anything in their lives if they do not have a foundation of food, clothing, and shelter.

For Thanksgiving and Christmas, the H.E.L.P. House strives to “jump up” to Love and Belonging – providing our registered families some special food and Christmas gifts that show God's love and our compassion.

Mission Statement: To serve children, families and individuals in poverty by providing food, clothing, emergency assistance, shelter, and God's love.

We focus on recognizing their struggles within a loving environment along with dignity and respect.



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