



H.E.L.P. House Community Outreach

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H.E.L.P. House on Facebook

The miracles that happen

The 2012 holiday season was again a blessed example of the generous hearts in our community. Starting with the Coat Drive, through Thanksgiving, Elf Nights, the Children's Christmas Party, and the Shopping Day for Parents/Guardians, we witnessed the outpouring of food donations, Christmas gifts, volunteer time and monetary assistance that helped hundreds of families – and especially children – in need. Thank you!

One illustration happened soon after the Christmas gift outreach had concluded.

A few days before Christmas, a family tentatively entered the H.E.L.P. House for the first time, not knowing what to expect. They were greeted and directed to talk with me because of their special circumstances and special needs.

This family with three children had just arrived in London and had nothing. Think of that again – it's December 20-something – **they had nothing.**

As an example of a miracle, we had received new Christmas gifts from the Carpenters Union. By the conclusion of this family's visit, we had been able to provide a real Christmas to them with gifts and food, plus the love of the people who work in the H.E.L.P. House. The expressions on the faces of our new family cannot be described enough to translate this story to you in words.

But the miracle of Christmas had just happened.

Not the hustle and bustle of the just-concluded series of outreaches – but the expressions of one family that had just been blessed – not because of us, but because of the generosity you have provided to us to pass along to those in great need – especially the children.

Taking a child, He set him before them, and taking him in His arms, He said to them,

“Whoever receives one child like this in My name receives Me, and whoever receives Me does not receive Me, but Him who sent Me.”

Mark 9:36-37

Thank you for helping us to continue to do what we love.
God answers our prayers through you.

In Loving Kindness,

Dee

Delores Heilman, Director

Inside!

• Easter Outreach

2012 Facts:

- ✓ Provided 341,849 items of food to our neighbors in need, **almost 70,000 more items than in 2011.**
- ✓ Distributed over **23,000 items of clothing**
- ✓ Over **12,000 household items, meds and personal care items were distributed – more than 3,000 over 2011.**
- ✓ **11,217 family visits for a total of 42,891 individual visits**
- ✓ **A total of 461 new families came through the doors in 2011.**
- ✓ **The Loving Kindness Kitchen provided 13,649 meals for an average of 297 meals per week.**
- ✓ **Nearly 100 soup kitchen meals per week were delivered to the homebound.**

Food-of-the-Month Drive

We all enjoy food every day.... right? For some families, this is less than true.

According to the Childhood Hunger Alliance, "in Ohio, the problem of childhood hunger is very real. Today, there are roughly half a million children in our state who don't know where their next meal is coming from. One in four Ohio households with children reported there was a time in the last year when they didn't have enough money to buy food. These are preventable problems." **81% of our food recipients in December were either children or adults raising children, including 105 households (with children) with the head-of-household over age 60!**

Can you donate to the **Food-of-the-Month Drive** to combat childhood hunger in our community? It's easy: just shop for a little extra and bring the following to the H.E.L.P. House!

March	Peanut Butter
April	Canned vegetables
May	Boxed Dinners (mac & cheese, hamburger / tuna helper)
June	Canned meat (tuna, chicken, etc.)
July	Peanut Butter
August	Canned vegetables
September	Food of your choice! (non-perishable preferred)
October	Stuffing
November	Instant potatoes; gravy packets
December	Canned Soup

Is 2013 your year to get involved?

Easy Ways to Help

- **Grow a Row!** Grow extra garden items to donate this summer!
- Donate personal products (toilet tissue, deodorant, shampoo, shavers, toothpaste)
- Help on Monday from 1 pm – 4 pm to get ready for soup kitchen & deliveries to the homebound
- Donate \$10 gas cards
- Learn how to check-in or check-out clients
- Join our team and adopt an area of the H.E.L.P. House to organize
- Use your computer and phone to organize volunteers
- Pick up produce at the Mid-Ohio Food Bank on Wednesdays
- Donate a storage unit for a month / year
- Donate clothing, shoes, pots & pans, towels
- Recycle plastic bags to us
- Consider us for funeral memorials
- Check with your company about matching gifts
- Organize your civic group or company to "adopt" an outreach

Mary is a 67 year-old widow. She supplements her monthly Social Security check by working two part-time jobs -- one at an area fast food restaurant, and the other at a local convenience store.

It is tough for Mary to afford to pay rent, utilities, and her monthly prescription medications. She can't afford gas, car insurance, or repairs, so she asks her friends to take her to the store, doctor's appointments, and to work. When the weather is good, Mary usually walks to wherever she needs to go. She depends on being able to "shop" at the H.E.L.P. House's food pantry and is a regular at the weekly soup kitchen on Monday evenings.

Robert and his family recently lost their home and most of their possessions during a house fire. Even though Robert has a full-time job at a local manufacturing facility, he and his wife recently visited the H.E.L.P. House to get winter coats for their three children, dishes, cooking supplies, bedding, food, and personal hygiene items.

Robert shared that he never thought that he would need to visit the H.E.L.P. House and is grateful for the support that he and his family received during a very challenging time in their lives. He plans to volunteer on Saturdays once he and his family have relocated and are settled.



His Little Lambs Easter Outreach – March 23, 2013

Let us celebrate the resurrection of Christ – the “*Lamb of God who takes away the sins of the world*” (John 1:29) – by sharing with children in poverty.

Kids in poverty need the same celebrations as kids from homes with more favorable economic conditions. A mother who made an Easter basket with supplies from an Easter Outreach told this story:

“I assembled the Easter basket for my 8-year-old son. When I gave it to him, he was so excited and proud of its contents that he spread them around his bedroom. And then he kept circling his room, revisiting every special item he received.”

You can help other children experience this joy and celebration of the Easter season. Here’s how:

Donations needed

Parents/guardians will select an empty Easter basket and then choose the “fillings” they want to make a personalized Easter basket for each registered child! We need:

- ‡ Easter baskets (unfilled)
 - ‡ Easter grass
 - ‡ Plastic Easter eggs (large, to hold candy)
 - ‡ Small books/toys (especially Christian-themed or Easter-themed)
 - ‡ Wrapped pieces of chocolate (Easter-themed if possible) or jelly beans
 - ‡ Small gift item for ages 8-13
 - ‡ Personal care products for middle school kids
- **New underwear and socks for children**
 - **New or gently-used spring clothing for children and teens**

How you can help

- Help us by purchasing and collecting the items needed. If your organization wants to adopt a large “contribution” of baskets or fillings, just let us know!

Volunteer!

- **Wednesday, March 20**, 6 – 8 pm to help sort and set-up
- **Thursday, March 21**, 6 – 8 pm to finish set-up (this date only if necessary)
- **Saturday, March 23**, 8 am – Noon to help implement the Easter Outreach!
- Register your volunteer time with Chandra Kelly, Coordinator of Volunteers, 740-852-4124, 614-202-1741, chandrakelly@columbus.rr.com

Monetary donations

Your monetary donations will allow us to purchase items that we may be lacking. All donations are tax deductible.

Please drop off or mail your donation to: **H.E.L.P. House Community Outreach, 122 East Center Street; London, OH 43140**

Deadline for donations

Wednesday, March 20, so that we may prepare for Saturday!

Questions?

Call Chandra Kelly, volunteer Coordinator of Volunteers, with questions or to register your volunteer time. Phones: 740-852-4124, 914-202-1741, chandrakelly@columbus.rr.com

All items may be dropped off at:

H.E.L.P. House Community Outreach, 122 East Center Street, London OH
Monday Noon–7; Tuesday 9–Noon; Wednesday 9–Noon; Saturday 9-11 am

Important Dates for 2013

<u>Date of Outreach</u>	<u>Outreach</u>	<u>Deadline for Donations</u>
March 23	Easter Baskets and Spring Clothing	March 20
August 17	Back-to-School Supplies & Backpacks	August 14
September 7	Back-to-School Clothing	September 4
October 19	Coat Drive (new and gently-used)	October 16
November 23	Thanksgiving Outreach	November 20
December 8	Christmas Party for Children	December 7
December 14	Christmas Shopping Day for Parents	December 11

† Watch for announcements of special volunteer opportunities!

Weekly Schedule

<u>Day of Week</u>	<u>Hours for Volunteers</u>	<u>Open Hours for Clients</u>
Monday	Noon - 7 pm (Loving Kindness Kitchen & prep)	5 pm - 7 pm
Tuesday	9 am - Noon for hanging and sorting clothes 10 am - 1 pm for food delivery & warehouse work	
Wednesday	8 am - Noon	9 am - Noon
Saturday	8 am - 11 am	9 am - 11 am

† Outreach events have additional volunteer times.

† Internships and Community Service Participants are appreciated!

*"Inasmuch as you did it to the least of these, you did it unto me."
Matthew 25: 31-45*



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