



## H.E.L.P. House Community Outreach

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H.E.L.P. House on Facebook

## H.E.L.P. – What does it mean??

### His Eternal Loving Purpose

#### How did this vision become the H.E.L.P. House?

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

While in prayer in 1999, this scripture came to the forefront of my mind. The Lord impressed upon me to bring this outreach to the community. This direction from the Lord is a two-sided coin:

- ✚ Bringing help to those in need and
- ✚ Blessing those who are doers of His word as well.

We started with a youth ministry which quickly grew to include parents. The needs of these youngsters and families were overwhelming, such as the basics of life: food, clothing, as well as loving attention and care. From these experiences and the things that these families taught us (when we thought we were teaching them), the H.E.L.P. House was born.

Whenever the challenges of our growth and the continually increasing struggles of our community neighbors in need threaten our spirits, we go back to our roots and remember the vision God placed in front of us.

God answers our prayers through you. Once again, thank you for all the ways that you have supported our outreaches to those in need.

In Loving Kindness,

*Dee*

Delores Heilman, Director

*Good works do not produce good character.  
Good character produces good works.*

### Back-to-School Supplies and Clothing Outreaches:

- Vision: all kids, including those from disadvantaged families, deserve to go to school with appropriate supplies and clothing – but most of all – their dignities intact.
- Details on the insert.

### Food Facts:

- Can you believe we move 8,000-10,000 pounds of food every week? And we move it several times, from obtaining the food from the Mid-Ohio Food Bank to the point that our clients select the number of items they are allotted per week.
- We need strong people on Tuesdays to help us move food. Can you volunteer with us? Read more inside.

# Are you a “H.E.L.P.er?”

Have you thought about volunteering?

*“Yes, but... I don’t know if I can relate to people in poverty.”*

Yes, you can because we are the same. These past few years have placed so many people in financial jeopardy.

We have volunteers who have become clients and clients who have become volunteers.

*“Yes, but... I don’t have the time.”*

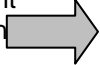
Just a couple of hours per week or per month can help us immensely! Volunteer times are listed on the back page.

*“Yes, but... I don’t want to preach to people.”*

We don’t either! Yes, we are faith-based, but we are non-denominational and non-discriminatory. We show love to our fellow human beings and try to help them stretch through another month or help them get back on their feet.

*“Yes, but... I’m disabled.”*

We have such a variety of tasks that we will help you find the fight fit for you.

Are there other “yes, buts” that we need to talk through? Do you want more information on volunteering? Please join us for an Info Session 

Each day at the H.E.L.P. House is a little different from the next. But there are commonalities about what needs to be accomplished to serve our neighbors in need. Here are a few descriptors of our volunteers:

## **Volunteer Info Sessions:**

**August \_\_; Noon – 1PM**  
(Bring your lunch if you want!)  
**August \_\_; 5:30 – 6:30PM**

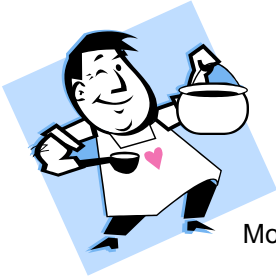
At the H.E.L.P. House, 122 East Center Street, London OH

Learn about the H.E.L.P. House  
Discover how you might volunteer  
Meet other volunteers

## Monday People

Monday people focus on food and customer service! On Mondays, we host the Loving Kindness Kitchen plus have open hours from 5 – 7PM. Monday People:

- help prepare the Loving Kindness Kitchen meal for that Monday evening, or they assist a church that is signed up to serve that week
- package food for deliveries to the homebound
- drive the van to deliver or help run the packages to the individual homes
- Are you part of an organization or church that would like to provide food for a soup kitchen evening?



Monday People may be helping us get ready to open the H.E.L.P. House Pantry for 5 – 7PM:

- stocking pantry shelves
  - learning how to check-in and check-out registered clients

## Tuesday People

Tuesday is our day to work in the H.E.L.P. House when there are not open hours for clients. Tuesday People:

- organize the warehouse to receive the week’s new food; reorganize previous food
- drive the truck to Mid-Ohio Food Bank in Grove City
- unload truck at the H.E.L.P. House
- organize the new food; put in freezer/cooler or stock it in the warehouse
- stock the pantry for open hours on Wednesday
- sort, hang and organize clothing



## Wednesday People

Wednesday People focus on customer service! On a Wednesday morning, there may be as many as 100-150 families who arrive for their weekly allotment of food, plus they may “shop” for clothing or household items. Wednesday People:

- move food from warehouse to the pantry shelves
- replenish the pantry shelves throughout the morning
- check-in and check-out
- assist with customer service – helping people



## Saturday People

Saturday People focus on helping 60-100 families by

- checking-in and checking-out registered clients
- moving food from warehouse to the pantry shelves
- helping people and providing customer service
- helping new clients get registered

## Anytime / All-the-time People

We always need help. Except for two part-time positions, everyone at the H.E.L.P. House is a volunteer – even the Director. We are always looking for people who can donate their time and/or talents as a gift to those who are struggling.

### ***Hunger in Ohio***

According to the Hunger Network in Ohio:

- “In any given week, 207,700 Ohioans receive emergency food assistance.
- 35 percent are children under the age of 18, with one out of 10, under 5 years old.
- 9% are seniors, often on fixed incomes and deciding between meals, utilities, and medications.”

Additional information from the Ohio Association of Second Harvest Foodbanks includes:

- From 2009 to 2010, “food insecurity in Ohio households rose from 13.3% to 14.8%; more than 71,000 *additional* Ohio households are now struggling to keep an adequate amount of food on the table.”
- The report – *Hunger in Ohio 2010* -- found that of those served by Ohio’s emergency food network (which includes the Mid-Ohio Food Bank and subsequently the H.E.L.P. House) found that:
  - 52% are choosing between buying food and paying for utilities.
  - 43% are choosing between buying food and paying for rent or mortgage.
  - 42% are choosing between buying food and paying for medicine or medical care.

As stated by Matt Habash, CEO of the Mid-Ohio Foodbank (of which the H.E.L.P. House is a member):

“We can’t wave a magic wand and eliminate hunger, but we can help hungry people in their time of need. By standing with our partner agencies and friends, we are making a difference in individual lives and investing in the potential and long-term viability of our own communities.”

## ***Important Dates for 2011***

<b><u>Date of Outreach</u></b>	<b><u>Outreach</u></b>	<b><u>Deadline for Donations</u></b>
<b>August 13</b>	Back-to-School Supplies	August 10
<b>August 20</b>	Back-to-School Clothing	August 17
<b>October 29</b>	Coat Drive	October 26
<b>November 19</b>	Thanksgiving Outreach	November 16
<b>December 11</b>	Christmas Party for Children	December 10
<b>December 17</b>	Christmas Shopping Day for Parents	December 14

† Watch for announcements of special volunteer opportunities!

## ***Weekly Schedule***

<b><u>Day of Week</u></b>	<b><u>Hours for Volunteers</u></b>	<b><u>Open Hours for Clients</u></b>
<b>Monday</b>	Noon - 7 pm (Loving Kindness Kitchen & prep)	<b>5 pm - 7 pm</b>
<b>Tuesday</b>	9 a.m. - Noon for hanging and sorting clothes 1 pm - 3 pm for food delivery & warehouse work	
<b>Wednesday</b>	8 am - Noon	<b>9 am - Noon</b>
<b>Saturday</b>	8 am - 11 am	<b>9 am - 11 am</b>

† Outreach events have additional volunteer times.

† Internships and Community Service Participants are appreciated!

† Nondenominational and nondiscriminatory – all are welcome!



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