



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

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### *A Gigantic, Grateful Thank you*

What a holiday season the H.E.L.P. House was able to provide to families and individuals in need – thanks to YOU! We're always tempted to start listing the groups and individuals who provided so much to us, but we know that we would inadvertently overlook someone. Just know that we are extremely grateful for the work and donations of the individuals and corporations who participated. Please accept our gratitude as our paycheck to you.

The **Thanksgiving Outreach** provided a choice of traditional Thanksgiving foods to 322 families and 1,278 individuals within those families -- dinners that they could prepare on Thanksgiving Day. The **Children's Christmas Party** was a



success, despite a small blizzard that came along that afternoon. The video and Dee's storytelling brought the birth of Jesus to life for the children and families attending. The snacks and goodie bags you provided brought so much cheer to the children and their parents.

And the **Christmas Shopping Day** capped off the year by providing the parents/guardians of over 600 children

with at least one new gift and several gently-used gifts. There was even an impromptu raffle for bikes, electronic games, and a Guitar Hero!

The area newspapers printed great articles -- recruiting helpers and telling our story before and after each big event. We're so grateful for their support.

Then reality sets in and we keep working all year long doing the daily, challenging work of taking care of those in our community who are facing hard times: feeding them through the H.E.L.P. House food pantry and the soup kitchen, providing gently used clothing (especially winter wear), and supplying household items to help those who are starting over. These routine programs do not often make the headlines. Yet, some of the most gratitude comes out of this daily work.

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

### Quick Facts

- **270,871 food items were distributed in 2010**
- Yet, this number does not include the wonderful donations of food for the soup kitchen (brought in by churches), or food donations at various times during the year, or the rural deliveries of fresh produce, etc.
- Even with the deep discounts for bulk purchasing at the Mid-Ohio Food Bank, the 270,871 items of food cost the H.E.L.P. House over \$15,000, and costs are increasing each month (MOFB administrative costs).
- At least 25,000 of gently used clothing, shoes, etc. were distributed in 2010.
- At least 660 *new* families were added in 2010 -- 60 more than we welcomed in the previous year. Another 41 *new* families were added just in January 2011!
- We continue to do all this with your donations, plus a major grant from the United Way of Clark, Champaign, and Madison Counties.
- In 2010 we were awarded a \$13,200 grant for a walk-in cooler/freezer from the Community Action Org. of Delaware, Madison and Union Counties (an ARRA Stimulus Grant)

# Our wish list

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- ✦ Volunteers: (contact BJ Bryant, Outreach Coordinator, bbryant@columbus.rr.com; 740.506.4961)
  - Warehouse/pantry; stocking shelves, organizing
  - Tuesday helpers: morning -- hanging clothing; afternoon -- unloading food truck & storage
  - Check-in clerks or check-out clerks during open hours
  - Any assistance during open hours (listed on the back page)
  - Organizing your group to provide a meal or part of a meal for the Loving Kindness Soup Kitchen
  - Donation of your accounting services or other professional skills
  - Coordinator of volunteers; coordinator of the warehouse
- ✦ Things:
  - Adopt-a-Bill -- one time or monthly
    - Gas cards in \$10 denominations (either for our clients or for the H.E.L.P. House van)
    - Monthly utilities for the H.E.L.P. House (we can give you numbers if you wish to adopt one)
    - Office supplies = \$50
    - Monthly insurance (van and liability) = \$100
    - Bags for soup kitchen = \$24
    - Roll of stamps = \$44
  - A box truck with a lift for all the food we transport from the Mid-Ohio Food Bank
  - Gently-used clothing (men's, women's, children's); winter coats; shoes, boots
  - Gently-used household items: dishes, glasses, pots & pans, sheets blankets, etc.
  - Personal products: shampoo, deodorant, sanitary products, toothpaste, toothbrushes, tissue, etc.
  - Baby supplies: diapers, gently-used car seats, equipment, crib sheets

## Can you imagine ...?

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Imagine being a single parent with no source of income, or an elderly couple with only an unreliable and broken-down vehicle to call home. Try to imagine being a grandparent struggling to raise your grandchildren on a fixed income. For most people, these are the stories that you hear about, but don't believe are happening every day in your hometown. Following are stories about individuals and families that we have worked with recently:

### *Can you imagine...*

Dorothy is a 60-something client who, as she exited the H.E.L.P. House one rainy day in December, created curiosity when she put her one allotted roll of toilet tissue under her coat. When questioned why she was doing that, her response was "I didn't want it to get wet."

### *Can you imagine...*

- Guarding one roll of toilet tissue?
- Needing to ask if the H.E.L.P. House has any tissue during every visit? (We always have a shortage)

### *Can you imagine...*

Getting a voicemail from a woman who is trying to find a pair of boots or shoes for her teenage son because they cannot afford new ones in his size. Yes, it happened at Christmastime.

### *Can you imagine...*

Jeff has a large family living in very small quarters. So if one gets a cold or the flu, it runs through the entire household. He cannot afford children's cough syrup or any other OTC meds. He often inquires to see if we have anything to help get them through the winter.

### *Expressions of gratitude from clients:*

A client from Washington Court House recently said: "I don't know any place like this!" She wants to put Dee (Delores Heilman, Director) on the radio.

Another client said that "the food I receive from the H.E.L.P. House is so important to me." His utility bills went up and he's still paying on his rent deposit.

A previous client, now in a new job and not needing the H.E.L.P. House wanted to repay us for helping her. She found her way by donating veggies and cookies to our Children's Christmas Party. It is always wonderful to see individuals come out of poverty.

# Homelessness: A major issue we face every “open” day

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Homelessness is not an easy topic for many of us to face. For those of us with a home or apartment, paid-up utilities, home insurance, and other housing amenities, homelessness seems like a distant concern. A statistic that is often quoted is that many families are only three missed paychecks from homelessness or critical consequences.

- Have you ever been kicked out of the place where you were staying?
- Have you ever spent a week in your car? And you couldn't run the heater because you didn't have enough gas?
- Can you imagine “camping” year-round? Is this your “home sweet home?”

Perhaps none of these questions are in your own reality. They are the reality of the H.E.L.P. House. Nearly every “open” day, we are faced with questions like, “Can you help me with my eviction notice?” or “Can you help me pay my gas bill?” or “Do you have any mattresses available?” or “Can you help me find a place to stay?” It is heartbreaking when we cannot help due to our own shortage of funds. Sometimes we can help – due to a partnership with an area hotel/motel at the rate of \$70 per week or \$300 per month. *[Is this an outreach where you could consider this level of donation to support an individual or family for a week or a month? If you are enjoying a warm home this winter, can you help someone achieve the same – long enough to get their life back together?]*



Homelessness in Madison County does not look like the stereotypical pictures of the homeless guy on a park bench or a panhandler in Columbus. Our homeless folks are doubled-up in a home of a friend or relative, but it's a temporary situation. Madison County has serial homelessness -- where a person stays with someone until they get kicked out and they move on to the next friend's house until they get kicked out -- over and over again. Homelessness is sleeping in your vehicle and looking for a parking spot where you will not be “shoo-ed” away. Homelessness is staying in a tent with a kerosene heater. We know of all these situations right now in Madison County.

“Research of the National Alliance to End Homelessness shows people are homeless primarily because they can't find housing they can afford. According to the U.S. Department of Housing and Urban Development, **an estimated 12 million renter and homeowner households now pay more than 50 percent of their annual incomes for housing**, and a family with one full-time worker earning the minimum wage cannot afford the local fair-market rent for a two-bedroom apartment anywhere in the United States.”

If you think about it, getting even an apartment costing \$300 per month -- which could work for some of our families -- will cost more than \$900 to move in: deposit, first month's rent, and last month's rent plus the costs of turning on utilities. Individuals and families in need do not have these kinds of resources even if they *could* afford the rent.

“HUD also notes that the generally accepted definition of housing affordability is no more than *30 percent* of monthly income going toward housing costs. Families or individuals who pay more than 30 percent of their income for housing are considered “cost-burdened” and can have difficulty affording necessities such as food, clothing, transportation, and medical care. The lack of affordable housing is a significant hardship for low-income households and can prevent them from meeting their other basic needs, such as nutrition and health care, or saving for their future.”

## Rachael Ray battles childhood hunger

Did you know that her favorite *Orange* is the color for Hunger Awareness?

On Monday, December 13, 2010, President Obama signed S. 3307, the *Healthy, Hunger-Free Kids Act*, into law. Rachael actively fought for this bill that focuses on healthy food and fighting childhood hunger. First Lady Michelle Obama commented, “Because while it might seem counterintuitive, child hunger and childhood obesity are really just two sides of the same coin. Both rob our children of the energy, strength and stamina they need to succeed in school and in life...and that, in turn, robs our country of so much of their promise. But both can be solved when we come together to provide our children with the nutritious food they need and deserve.”

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

<b><u>Date of Outreach</u></b>	<b><u>Outreach</u></b>	<b><u>Deadline for Donations</u></b>
<b>April 16</b>	Easter Basket Outreach	April 13
<b>August 13</b>	Back-to-School Supplies	August 10
<b>August 20</b>	Back-to-School Clothing	August 17
<b>October 29</b> (tentative)	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 Soup 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>

- † Other times available by appointment.
- † Outreach events have additional volunteer times.
- † Internships and Community Service Participants are Welcome!



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