



H.E.L.P. House Community Outreach

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H.E.L.P. House on Facebook

A Very Special Ending to 2011

Thanks to the generous hearts of a caring community, the past few months have been a truly blessed time for H.E.L.P. House Community Outreach.

Starting with the Coat Drive, through Thanksgiving, Elf Nights, the Children's Christmas Party, and the Shopping Day for Parents/Guardians, **it was undoubtedly the best holiday season we have experienced.** Thank you!

The outpouring of volunteer time and donations were gratifying and uplifting. Most of all, hundreds of children as well as adults experienced happy holidays. Perhaps the story of Cheryl says it best:

Cheryl had stood in line for an hour in the cold, waiting to select some Christmas gifts for the grandchildren she is raising. By the time she came inside, where the line continued, her arthritis decided that she could not stand any longer. Her friend offered to "shop" for her so that she could sit down and rest.

As we sat together for a moment, I had the honor of talking with her and learning how one client views what we do at the H.E.L.P. House. "I could not raise and feed and clothe these grandkids if it weren't for the H.E.L.P. House," she said. "My social security check just doesn't stretch that far." As she gazed around at the tables of toys and gifts, she added, "I'm so grateful that the community supports what you are trying to do here."

In addition, she told me about her neighbors. "They were too scared and embarrassed to come here, so I talked them into coming with me. Boy, were they surprised at how everyone was warm and friendly and didn't make them feel bad that they couldn't make it through the month on their income."

As she joined her friend to check out, she called back to me, "Merry Christmas – this place is heaven sent."

BJ Bryant, Outreach Coordinator

As I close this letter, I want to give special mention to the many community volunteers that help us throughout the year. Thank you for helping us continue to do what we love. God answers our prayers through you.

In Loving Kindness,

Dee

Delores Heilman, Director

Inside!

- **Food-of-the-Month Drive**
(March: peanut butter)
- **Easter Outreach**

2011 Facts:

- ❖ Provided 272,972 items of food to our neighbors in need – that's **OVER** a quarter of a million!
- ❖ Distributed almost **23,000** items of clothing
- ❖ **9,000** household items, over-the-counter meds and personal care items were distributed
- ❖ **11,434** family visits for a total of **42,310** individual visits
- ❖ A total of **523 new** families came through the doors in 2011
- ❖ The Loving Kindness Kitchen provided **12,107** meals.

New Program! 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."

The H.E.L.P. House statistics indicate that in December 2011 we provided food to 3,115 registered clients. Of this total number, **1,253 of these recipients were ages 0-17. Adults numbered 1,094 in households with children** versus 436 in households without children. An amazing 115 clients with children were over age 60 — grandparents raising grandchildren. When you look at these total numbers, **79% of our food recipients in December are either children or adults raising children.**

"Ohio's hunger problem got worse last year. The state climbed to sixth in the nation in food insecurity, as 1 in 6 households struggled last year to get enough to eat. In only five other states, all in the Deep South, was hunger more persistent," according to an annual report by the U.S. Department of Agriculture.

New Food Program: 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 fruit |
| 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 2012 your year to get involved?

In today's busy society, it can be hard to think about finding time to volunteer. However, the benefits of volunteering are enormous, both to you, your family and the community. Volunteering can put your faith into action and connect you to others. It's good for your mind, body and soul. A few hours in the H.E.L.P. House puts life into perspective.

| | |
|--|--|
| <p>Easy Ways to Help</p> <ul style="list-style-type: none"> • <i>Recycle plastic sacks to us</i> • <i>Donate personal products (deodorant, shampoo, shavers, toothpaste, etc.)</i> • <i>Help on Monday from 1 pm – 4 pm to get ready for the soup kitchen</i> • <i>Donate \$10 gas cards</i> • <i>Learn how to check-in or check-out clients</i> • <i>Join our team and adopt an area of the H.E.L.P. House to organize</i> • <i>Use your computer and phone to organize volunteers</i> • <i>Pick up produce at the Mid-Ohio Food Bank on Wednesdays</i> • <i>Donate a storage unit for a month/year</i> • <i>Donate clothing</i> • <i>Donate your garden produce this summer!</i> | <p>Position available!</p> <p><i>Our Community Outreach position (sponsored by the United Way) is being redesigned into two positions. We are looking for someone in London to work 5 to 7 hours per week (daytime) on community connections, related presentations & grants, and coordinating volunteers for outreaches. A more complete job description is available on our website www.helphouse.info.</i></p> |
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His Little Lambs Easter Outreach – March 31, 2012

Let's 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 last year's 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)
- Christian-themed small books/toys
- 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 children's underwear and socks

•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 contents, just let us know!

Volunteer!

- **Wednesday, March 28**, 6 – 8 pm to help sort and set-up
- **Thursday, March 29**, 6 – 8 pm to finish set-up (if necessary)
- **Saturday, March 31**, 8 am – Noon to help implement the Easter Outreach!
- Contact BJ Bryant (740-500-8986 phone/text; voicemail during the day) or bbryant@columbus.rr.com to register your volunteer time

Monetary Donations

Monetary donations are also needed and appreciated. Your 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

Wednesday, March 28 -- Easter items are needed by March 28 so that we may sort, count and determine what else is needed.

Questions?

Call or text BJ Bryant, Outreach Coordinator, at 740-500-8986 (voicemail during the day) or email her at bbryant@columbus.rr.com with questions or to register your volunteer time.

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 2012

| <u>Date of Outreach</u> | <u>Outreach</u> | <u>Deadline for Donations</u> |
|--------------------------------|-------------------------------------|--------------------------------------|
| March 31 | Easter Baskets and Spring Clothing | March 28 |
| August 11 | Back-to-School Clothing | August 8 |
| August 18 | Back-to-School Supplies & Backpacks | August 15 |
| November 17 | Thanksgiving Outreach | November 14 |
| December 9 | Christmas Party for Children | December 8 |
| December 15 | Christmas Shopping Day for Parents | December 12 |

† 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!

† Nondenominational and nondiscriminatory – all are welcome!

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



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