



Food4Thought

People Helping People's Newsletter

November 2023

HOPE AND JOY

On a chilly (for Florida!) Tuesday, we had more than two dozen unsheltered and people struggling financially come in for a warm meal. We serve lunch on Tuesdays and Fridays here at Kass Circle. This meal, the Tuesday after Thanksgiving, included a delicious turkey soup. PHP is always a good steward of our donations - nothing goes to waste. (Heck, when bread gets too stale, we share it with an animal rescue shelter).

This time of year, so many of us talk about being grateful and looking forward to the end of year holidays. The clients we serve are no different from you and me. We asked what gave them hope and what brought them joy.

*Looking at it as every day
is a new day gives me hope*

*I have hope for
better days ahead*

*Finding a place to take
a shower gives me
hope. You can find
food but it's hard to
find a way to be clean*

*This place has given me hope and
a reason to live*

*It gives me hope to see the
community get together to make
positive change*

HOPE

*I have hope because of the strength and
encouragement provided
by my husband*

*Knowing no matter how hard and trying life
gets, my baby girl
always has a smile on her face and the
brightest, loudest
personality and it lets me know I'm
doing something right when
everything else seems to be
falling apart
because I'm very hard on myself lately.*

*I find joy in being treated like
family here*

*I find being around positive
people brings me joy*

*My family brings
me joy*

*My children bring
me joy*

JOY

*Finding a place
to be together with other people and
talk to some of them brings me joy*

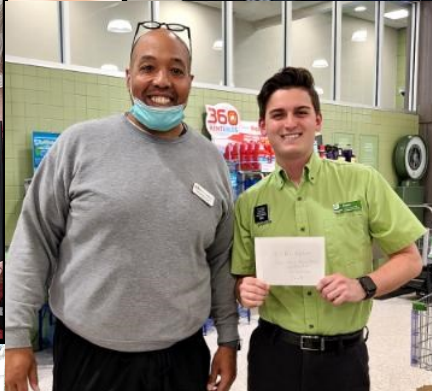
*Knowing there are people not turning
homeless people away brings me joy*



**PEOPLE
HELPING
PEOPLE**
in Hernando County

www.phphernando.org
352-686-4466

SMILING HAPPY PEOPLE (HELPING PEOPLE)



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Good food
brings people together and
nourishes the soul

**Sunday Blessings
Meal Sponsors -
November
THANK YOU!!!!**



OLD COUNTRY STORE



Are you a restaurant owner/manager,
a homeowner's association, a religious
institution, or a group of friends who
would like to donate a meal for our
Sunday Blessings program? Please call
352-686-4466.



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"May my thoughts, words, and actions contribute in some way to the happiness of all beings."

Thank you to all who provided in-kind donations in October

Anonymous (we know who you are)	Merry Oakes
Judy Almstedt	Publix
Karen Blystone	Shirley
Cookie Bregana	Maureen Soliman
Frank Brunat	SpringLife Church
Eldis Bujones	Yadira
Rachel Carperter	Veronica Stringer
Chuck	Temple Beth David
Frank DeFeo	Timber Pines
Dept. of Children & Family	Wellington at Seven Hills
Elks Club 2582	WREC
Heddy Emerson	
Diane Farrell	
Dollar General	
Girl Scouts Troop #592	
High Point Community	
Holy Trinity Orthodox Church	
Jack	
Jennifer and Mario Bruce	
Brian Jones	
Judith	
Kim	
Betty Lanagan	
Robin Mazzeo	
Robert Medina	
Patrick	
Pursino Family	

Thank you to those who contributed monetarily in October!

Anthony & April Artemisio
Linda Bixby
Blooms For Good
Kelly Brown
John & Marilyn Bouchard
Catherine Buonemani
Joseph Byron
Murilene Cronk
Donation Jar HELP Center
Get Healthy Spring Hill
Syad Waqar Hasan, MD
Alison Kalvelage
Karen Latusek
Sona Movalia
Network For Good
Ron & Barbara Osipoff
PayPal Giving Fund
Virginia Pedersen-Runyan
Aubry M Tolson Trust
Patti Van Matre
Ronald & Dorothy Yarrington

What, when, where to donate?

Please consider - the items you donate may be going to someone who is experiencing homelessness with no means to heat or bake or to someone without the funds to purchase additional ingredients.

In-kind: Drop off at 1396 Kass Circle, M - F 9a - 2p.

Monetary: mail to: PO Box 6182,
Spring Hill FL 34611
or online at www.phphernando.org

Thank you!

Weekend Blessings is supported by grants from the following:



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IN CASE YOU NEED US...HOW PEOPLE HELPING PEOPLE HELPS

Many times, when people are given a tour of PHP's HELP Center and see first-hand what we do, they are pleasantly surprised.

As 2023 ends, it seems like a good time to give a written tour for those who may not be aware of or a recap tour for those who may have forgotten the many ways we help.

With a mission of alleviating hunger in Hernando County, People Helping People feeds thousands throughout the year. We do so through our food programs for seniors, children, low-income families and individuals, and the homeless.

We provide food in all forms and ways - canned and packaged, restaurant-quality and homemade. We hand out bags and boxes of food directly to those in need and also serve hot meals in our Kass Circle dining room several times each week. Feeding the hungry is our main focus.

We also help by offering resources and other supportive services to help those facing food insecurity and the unsheltered. Some of the resources we offer on-site are AA meetings Monday through Friday evenings, GED classes through the Hernando County School District by providing the space and offering scholarships for those who don't have the financial means to attend. We also make our facility available to other non-profits for meetings or for their training purposes.

The unsheltered can take showers at our facility twice a week.

Our professional healthcare volunteers see uninsured each Tuesday at our facility. Local podiatrist and board member Dr. Earlie Hairston sees patients here in need of podiatry exams each month.

Once a month, partnering with Feeding Tampa Bay, we run a mobile food distribution that offers fresh produce, bakery items, frozen foods, (not your typical pantry items) and hand out boxes of this food to feed an average of 600 residents of Hernando County each month who are struggling to put food on their tables.

Every weekday, we put on a pot (or 5!) of coffee. We welcome people to sit in comfort. We learn their names. We listen to their stories. We cry with them. We laugh with them. Mostly, we acknowledge their humanness.

If you want to be a part of this and much more, whether through donations or volunteering, please stop in at 1395 Kass Circle or call 352-686-4466.

HELP Center Calendar

Nature Coast Art League

Mondays, 9am

AA meetings

Mondays & Thursdays 8 pm
Tuesday & Wednesday 7pm
Fridays 7pm

Free Health Clinic

Tuesdays, 10 am - 1 pm

GED classes

Mondays, Wednesdays 1:30 - 4:30 pm

Meals for those in need

Sunday 3:30 pm
Tuesdays & Fridays, 11:30 am

Showers available

Tuesdays & Fridays, 10 am - 1 pm

Our Calendar is online - view it here:

<https://phphernando.org/calendar>



Mobile Food Distribution

For low-income
Hernando County families

Always the LAST Wednesday
of the month
1396 Kass Circle

352-686-4466 with any questions
or to volunteer

Kass Circle Clean-Up

Saturday, January 15, 2024
at 8:30 AM



Annual Neighborhood Clean-Up

HELP Center, 1396 Kass Circle, Spring Hill
Gloves, trash bags and water provided by PHP

**Looking for volunteers to help
clean up Kass Circle, Jan 15 2024**

**Good opportunity for students
looking for volunteer hours! Call
352-686-4466 to sign up.**



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