



# Food4Thought

People Helping People's Monthly Newsletter

October 2022

## DO THE HOLIDAYS BRING OUT THE BEST IN YOU?

Do the upcoming, year-end holidays bring out the best in you? It does for most, but why?

People Helping People usually sees an uptick now through the year-end in giving, through monetary donations and in-kind items and offers to volunteer. For this, we are very grateful as this time of year seems to be more difficult for the homeless and others struggling to stay afloat. We see more need, and through the generosity of so many of you, we are better able to respond.

Each holiday season, thousands of children lack even the bare necessities of everyday life, many right here in our community. These children are no different than other children. They, too, dream about what special gift they may receive during this extraordinary time of year. They look forward to family gatherings with deliciously prepared meals and treats. But, perhaps their parent lost his/her job, or it's a matter of both parents working but not earning enough to make ends meet. Sometimes, there's abuse.

When you support PHP, together, we are able to help through our Weekend Blessings program, sending food and snacks home for the weekend for those identified as in need.

For the holiday season, you may be planning a trip home to be with family or you may have invited family to your beautifully decorated home.

The homeless can't go home and in many ways, they are just like us. Homelessness can be one medical emergency, one hike in rent, away for any of us.

When you support PHP, together, we are able to help the homeless by providing meals, groceries, toiletries, healthcare, and showers through our Neighborhood Blessings program.

You may fondly remember holidays when Grandma cooked a delicious holiday meal and invited her children and grandchildren to share. Instead, there are seniors who may not have enough to eat on any given day, let alone make turkey dinners for their loved ones, because they've had to make the decision whether to pay rent or have their prescription filled.

When you support PHP, together, we are able to help through our Senior Blessings program that sends monthly groceries to seniors in low-income housing.

Happiness  
DOESN'T RESULT FROM  
WHAT WE  
get,  
BUT WHAT WE  
give.

Dinner out on the town at one of Hernando County's fabulous restaurants is something enjoyed by many of us, especially during the holiday season. Restaurant quality or homemade meals are out of reach for the homeless, many of our senior citizens, and what is known as the "working poor".

When you support PHP, together, we are able to help those folks through our Sunday Blessings meals, sponsored by local restaurants and (cont. p2)



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PEOPLE  
in Hernando County

[www.phfernando.org](http://www.phfernando.org)  
352-686-4466

*Weekend Blessings is supported by grants from the following:*



## DO THE HOLIDAYS BRING OUT THE BEST IN YOU? (cont.)

community groups and served by our volunteers most every Sunday.

These are the populations that People Helping People serve. The hungry homeless, children, seniors, and financially struggling.

Generosity is about letting things go. It awakens the heart and loosens the bonds of selfishness. When you give with consciousness and intention, you feel good. You feel noble. And, it sets up a chain reaction. The recipients of your generosity feel grateful. Others who witness your kindness feel good, too. Acts of generosity and kindness are contagious and can influence others to do the same.

Did you know that when you give from your heart, your brain releases oxytocin – the same chemical that surges when you hold your baby or snuggles with your dog? And, there are positive

health results when we are caring. A simple act of giving has been shown to help those with addiction and mental health issues. It can improve physical problems, too, by temporarily lowering blood pressure.

Giving just simply makes you feel good, and when you do it around the holidays it keeps with the positive happy feelings we like to associate with seasonal celebrations.

And that's all great stuff!

But, your kindness and generosity are needed through the rest of the year. Hunger is still there for those in need in January. In February. In March.....

Keep the joy in the holidays, but let it continue all year.

Thank you for your support of People Helping People.

## SPECIAL REQUEST!

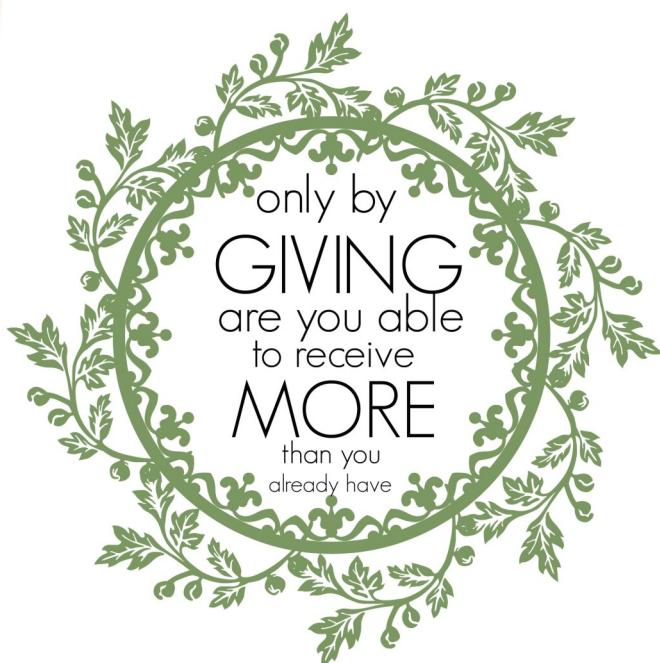
Our super team of volunteers who come every month to pack and deliver bags of groceries for our Senior Blessings recipients have a special request for donated items.

We are asking for certain foods that our seniors can use as part of making a "traditional" turkey dinner.

- ◆ Stuffing mix
- ◆ Cornbread mix
- ◆ Mashed potato mix
- ◆ Cranberry sauce
- ◆ Gravy mix

We pack bags for 140 seniors, so every little bit helps! Please be sure to donate only unexpired, unopened items.

**THANK YOU!**



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352-686-4466**

## "No one is useless in this world who lightens the burden of another."

There are so many ways you can make a difference at People Helping People in Hernando County.

- In kind donations are items such as food, toiletries, tents and other camping needs. Individuals, groups, social clubs, or businesses may hold a food drive.
- Cash donations enable us to buy food items that we do not receive as an in kind. If you prefer, you may designate which program you would like to see your donation go toward.
- We have an ongoing need for Sunday Blessings meal sponsors - individuals, organizations, or restaurants who wish to provide a "hot meal" for those experiencing hunger and food insecurity.
- Our volunteers are what keeps us going! We have a variety of opportunities for those who want to help those in need (while feeling good about yourself, too).

***Thank you to those listed  
below who contributed  
financially during September!***

Alcoholics Anonymous  
Anthony & April Artemisio  
Linda Bixby  
Kelly Brown  
Catherine Buonemani  
Murilene Cronk  
James Distefano  
Elks Lodge 2582  
Alexsys Fedrick  
Frontstream/SPV LLC  
Dr Syed Waqar Hasan  
Alison Kalvelge  
Robert W. Kwarren  
Marion Lamberti  
Network for Good  
James M & Debra J Peary  
St. Theresa's Religious Store

***Please mail your check donation to:***

**People Helping People**  
**PO Box 6182**  
**Spring Hill, FL 34611**

### Sunday Blessings

### October Meal Sponsors

**THANK YOU!**



**Glen Lakes and Saturday Golf**



**Elks Lodge 2582**

***Thank you to all who  
provided in-kind donations  
during September***

Anonymous (you know who you are!)  
Brenda & Kevin  
Britney  
Frank Brunot  
Mary Ellen Caesar  
Kaylee Cordisco  
Suzi Dewey  
Discovery Point  
Dollar General  
Dottie  
Vicky Foy  
Hernando Co Sheriff Dept  
Denise Joliff  
Joseph  
Kathy  
Maggie & Jennifer  
Jim Mason  
Publix Serves  
Rookies  
The Weavers  
Wellington  
Evelyn Zimmerman

***In-kind donations may be dropped off  
M-F, 9am - 2pm at:  
People Helping People  
1396 Kass Circle  
Spring Hill FL 34606***



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## **Thelma Jean Grimsley Joseph Richard Presgraves**

People Helping People in Hernando County recently saw the passing of two wonderful and giving friends - Thelma Jean Grimsley (Jeannie) and Joseph Richard Presgraves (Rick).

Jeannie and Rick started the Neighborhood Blessings program. This program was able to grow and continue the mission of helping the homeless because of the devotion and selflessness of these two genuinely kind people.

Jeannie will be remembered as "a friend to all, devoted to people in need and to those she loved." Her desire was to have her ashes released near Johns Pass at Madeira Beach, Florida.

Rick was "a friend to many" and will forever remain in the hearts of those who loved him. As he served honorably as an Aviation Boatswain's Mate in the US Navy during the Vietnam War, he will be interred at the Florida National Cemetery in Bushnell.

***May their family and friends find comfort in the impact Jeannie and Rick made in the world.***

## **HELP Center Calendar**

Our Calendar is online - view it here:  
<https://phphernando.org/calendar>

### **Nature Coast Art League**

10am Mondays

### **AA Meeting**

8pm Mondays/Thursdays

7pm Tuesdays/Wednesdays/Fridays

### **Showers available**

10am - 1:30pm Tuesdays/Fridays

### **Free Health Clinic**

10am Tuesdays

### **Lunch offered**

11:30am - 12:30pm Tuesdays/

Fridays

### **GED Classes**

1:30-4:30 Tuesdays/Thursdays

### **Sunday Blessings**

3:30 pm Sundays

A hot meal dining experience for those in need



Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope.

AA Meetings at the HELP Center,  
1396 Kass Circle

- **Monday 8pm** (The Step In The Right Direction)
- **Tuesday 7pm** (Aripeka Speaker Mtg}
- **Wednesday 7pm** (Spiritual Axiom)
- **Thursday 8pm** (Aripeka Big Book)

AA Hotline for Hernando County:

352-683-4597



*Find more information & photos on our Facebook and Instagram pages*



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*(Please be aware that we never know what or how much we'll get on the truck.)*