



# Food4Thought

People Helping People's Monthly Newsletter

July 2020



## Spotlight on PHP Health Clinic

The PHP Health Clinic began in the Spring of 2019 when the Help Center opened. The mission of the clinic volunteers was to provide access to medical care for low income, uninsured individuals.

Under the direction of a local physician, the staff of professional nurses and trained volunteers continues to offer free physical exams, medical evaluation and referral for continued care.

They offer a free clinic on the second Wednesday of each month from 11:00 am - 2:00 pm at our Help Center. Uninsured low-income people can register to be evaluated by a Nurse Practitioner for general medical problems.

The Clinic is also open the fourth Wednesday each month from 10am-1pm at the Vineyard Church Community Center, 375 Broad Street, Brooksville. No appointments needed.

PHP Clinic partners with Premier Community Healthcare, a non-profit organization and Federally Qualified Health Center with offices in Spring Hill and Brooksville. Premier Healthcare provides a full program of healthcare services to all residents, insured and uninsured - for a nominal fee - accommodations for indigent clients can be made on an individual basis.

The clinic medical staff will also be providing free school physicals on



Thursdays, July 30 and Aug. 6 between 11:00 am-3:00 pm at the Help Center. You must call 352-686

-4466 to make an appointment. Volunteers are needed on those days.



## How Does Our Garden Grow?

Who says you can't grow vegetables in Florida during the Summer? At PHP, we're doing it, thanks to the garden towers donated a few years ago. Currently, we have Kale and lettuce and other seeds started. But our garden needs help! If you have a green thumb, or even want to learn, we need help with watering, weeding and planning for the Fall planting. We also have space open for a group or individual who wants to start their own small plot. Email [admin@phphernando.org](mailto:admin@phphernando.org) or contact our office at 352-686-4466.

## It's School Physical Time!



### Free School Physicals and Vision Screenings for Uninsured Students

by appointment only, Call 352-686-4466  
*Appointments are limited*

Thursday, July 30, 11:00 am - 3:00 pm  
and

Thursday, August 6, 11:00 am - 3:00 pm

Provided by:  
Dr. Elaine Moorman, APRN  
Michelle Perez, APRN

#### Location:



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HELPING  
PEOPLE**  
In Hernando County

1396 Kass Circle, Spring Hill FL 34606

## Want to Help?

We are looking for a small group to help with Weekend Blessings. You would be in charge of filling backpacks for students in need at one school. Some light paperwork needs to be done, also. Call Barbara at 352-279-0080.



*Thank you to April Johnson and the Rotary Club of Brooksville for a donation to our Sunday Blessings.*



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in Hernando County





**Rotary Club of Brooksville**

## Thank you June meal sponsors for Sunday Blessings

*Betty Marie's Catering*

**Salishan**  
GRACIOUS RETIREMENT LIVING



## Thank you June donors

Anthony & April Artemisio  
Lee A & M Sue Black  
Kelly Brown  
Catherine Buonemani  
Richard P & Gwyneth Jane Callahan  
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Richard Sweade  
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The GoodCoin Foundation  
Marian Rose Tolson  
Edith Wilson  
Wines For Humanity, LLC  
Mary Wuest

**Story ideas and photos may be sent to [admin@phphernando.org](mailto:admin@phphernando.org)**



*The Timber Pines community continues to be big supporters of People Helping People by donating food and cash to our programs. Pictured during a recent drop off are (left to right) PHP Executive Director Becky Burton, Timber Pines resident Lisa Boyle and her twin sister, Gail Pardy.*

Do you know a Hernando County senior citizen on a fixed income who is in need of food? Please email their name and phone number to [admin@phphernando.com](mailto:admin@phphernando.com).

## **Summer Weekend Blessings Program**

The Summer (Weekend) Blessings program is up and running over the summer, providing bags of food for hungry children in need. The kid-friendly meal bags can be picked up at the Help Center, Fridays from 10am to 1pm. No ID is necessary.



## **United Way's Annual Stuff The Bus Goes Virtual**

Due to COVID-19, United Way of Hernando County's 14th Annual Stuff the Bus has transitioned its community-wide event to an online platform allowing donors the opportunity to purchase school supplies virtually. Anyone can purchase pencils, glue sticks, paper, crayons, etc.



online and have the supplies delivered to the United Way office in Spring Hill. There is also an option to donate gift cards. Based on the quantities received, each Hernando school will receive a personal delivery from United Way with appropriate supplies for grade levels.

"Now more than ever, local classrooms will need the community's help," said Angie B. Walasek, United Way of Hernando County's Executive Director.

United Way's mission is to mobilize resources and continue to support Hernando schools. The United Way office along with participating Hernando Publix and Walmart stores will have a drop box during the month of July to collect any supply donations for Stuff the Bus. As Hernando residents continue to practice their resilience with COVID-19, United Way commends supporters for their generosity with this initiative and hope to make the same level of impact virtually this year.

Shop NOW through the end of July at [www.Roonga.com/StuffTheBusHernando](http://www.Roonga.com/StuffTheBusHernando).



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