



# Food4Thought

People Helping People's Monthly Newsletter

March 2023

## ***PHP Growing Services to Support the Needs of Hernando County***

People Helping People hears and sees every day the struggles of our community. People are homeless; people are hungry; people are hurting.

With a mission to alleviate hunger in Hernando County, we know there is much that can be done to prevent people from becoming the hungry, the homeless, the struggling. To that, PHP opens our HELP Center at 1396 Kass Circle to GED classes and AA meetings. We have volunteers to help folks with filling out SNAP application forms, applying for unemployment, finding a job, obtaining an ID.

***But there are other needs, other cries for help, or at the minimum, a listening ear.*** With our commitment to breaking the cycle of poverty, we knew there was more we could do.

This month, we are hosting support groups for what we see as critical needs.

As of March 20th and every other Monday after, PHP is offering to women who are survivors of sexual assault and/or domestic violence a secure environment to meet with others who have experienced similar acts against them. It's a time to spend an hour sharing or quietly listening. The group will be lead by knowledgeable staff and volunteers from the Dawn Center, a certified domestic abuse and sexual violence center, who will provide the tools to heal.

On March 31, we are opening our doors early at 8am to all veterans for an inaugural gathering as an organizational meeting to plan the course of a twice a month coming-together with two different "agendas". Once a month on a weekday, area veterans are encouraged to join other veterans at our HELP Center to support each other and to hear from about programs and services available to them. Additionally, one Saturday a month, veterans are invited to help with hands-on projects for their neighbors in need, to fulfill a veteran's need to continue to give back to the community.

Please see the information on the following page. Please share.

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



**PEOPLE  
HELPING  
PEOPLE**  
in Hernando County

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

## PHP Growing Services to Support the Needs of Hernando County

There is a woman who needs to know she is not alone

### Domestic Violence and Sexual Assault Support Group

When: Every other Monday

Starting March 20, 2023

Time: 5:30 PM-7 PM

Where: People Helping People

1396 Kass Circle

Springhill FL. 34606

Please call 352-686-4466 or 352-592-1288 for questions



There is a veteran who needs the camaraderie of  
fellow veterans



### Veterans of all ages!

Join your fellow veterans at **People Helping People in Hernando County**  
**HELP Center - 1396 Kass Circle, Spring Hill, 34606**

one Saturday and one weekday a month

- Saturday gatherings - *for vets eager to continue serving their community through various projects for those in need*
- Weekday coffee - *a time to gather, share in conversation, offer each other support, receive valuable, useful information.*

First organizational meeting is **Friday, March 31, @ 0800**

See you then! Questions? 352-686-4466



### People Helping People. That's what we do.

When we see a need or learn of one, we discuss as a board, go to our volunteers, seek other social services organizations, businesses, and the community at large to figure out how we can best respond to the needs of the people in Hernando County.

As we continue to help people in the local community, we know we can only do it with *\*your\** help.

Thank you for always supporting our programs, projects, and events!



**PEOPLE  
HELPING  
PEOPLE**  
in Hernando County

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



***"Generosity: The habit of giving freely without expecting anything in return."***

***Thank you to all who provided  
in-kind donations in February!***

Anonymous (we know who you are!)  
Bob  
Crosspoint Church  
Dollar General  
Deluca Dentistry  
Glen Lakes PEO  
Humane Society Nature Coast  
Jimmy John's  
Kind Animal Care  
Betty Lanigan  
Jaiden and Chris Urbas Lewis  
Liz  
Maggie & Jennifer  
Linda Michael  
Joyce Morra  
Sally Nimchek  
Hans Roeming  
Roseanne  
Spring Hill Animal Hospital  
Timber Pines  
Tina  
Bonnie Young  
In memory of George



**Wondering what to donate?**

We so appreciate your donations of unexpired pantry item foods! Please consider the items you donate are often going to someone who is homeless or without the funds to purchase additional ingredients or the means to heat or bake it.

Right now, we're especially in need of variety pack cereals, juice packs, peanut butter, peanut butter crackers, snack packs of peanut-free snack crackers, and 3.2 oz packets of dry milk.

Thank you!

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

**DUNKIN'**



High Point Lions Club-  
Brooksville, Florida



The Rotary of  
Spring Hill

**If you are a restaurant owner or  
manager and would like to donate  
a meal for our Sunday Blessings  
program, please call 352-686-4466**

***Donations to People Helping  
People can be mailed to  
PO Box 6182, Spring Hill FL 34611  
or donate online at  
[www.phphernando.org](http://www.phphernando.org)***

***Thank you to those who  
contributed monetarily in February!***

Amazon Smile  
American Online Giving Foundation  
Anthony & April Artemisio  
Linda Bixby  
Kelly Brown  
Catherine Buonemani  
Joseph Byron  
Crosspoint Church  
Donation Jar HELP Center  
The GoodCoin Foundation  
Syed Waqar Hasan, MD  
Alison Kalvelage  
Karen Latusek  
Donald McBride  
James & Sandra Morgan  
Nature Coast Jewelers, Inc.  
Ron & Barbara Osipoff  
Abigayle Panella  
James & Debra Peary  
St. Francis Cabrini Church  
Richard Sweade



Among other things, your monetary donations mostly help us to purchase the food we provide for our Senior, Weekend, and Neighborhood Blessings.

*Thank you!*



**PEOPLE  
HELPING  
PEOPLE**  
in Hernando County

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

## You Know Clyde

When someone calls our main number 352-686-4466, on most days of the week, their call will be answered by Clyde in a calm and pleasant manner, letting them know they are important to PHP.

When someone comes to our HELP Center, their first interaction will often be with Clyde, who will greet them with a

reassuring smile to convey that we're here for them.

Who is this compassionate and kind man, and how is PHP lucky enough to have him at our front office?

Clyde has enjoyed a long career in the non profit industry. Since the mid 80s, he's managed a men's shelter, was an outreach worker for homeless men and women, a counselor/then a program manager at a group home, a social worker for a non-profit agency. Once he retired, he volunteered and managed the mental health component of a clinic.

Being on the frontline, he's frustrated by the epidemic of opioid usage, homelessness, and mental health issues in the county. He feels helpless when people call for services beyond what PHP provides and that our referral resources are limited or inadequate. He finds it heartbreaking that some of these people may fall through the cracks in the system.

What keeps him coming back?

"The smiles, the appreciation, the thankfulness, and sometimes a hug people exhibit when we provide the services they need. It's such a gratifying feeling. It doesn't get any better than that."

Thank *\*you\**, Clyde!



## HELP Center Calendar

### Nature Coast Art League

Mondays, 9am

### AA meetings

Mondays & Thursdays 8 pm  
Tuesday & Wednesday 7pm

### Free Health Clinic

Tuesdays, 10 am - 1 pm

### GED classes

Tuesdays & Thursdays 1:30 - 4:30 pm

### Lunch for those in need

Tuesdays & Fridays, 11:30 am

### Hot meal for those in need

Sundays, 3:30 pm

### Showers available

Tuesdays & Fridays, 10 am - 1 pm

Our Calendar is online - view it here:

<https://phphernando.org/calendar>



## FOUND MONEY FOR PHP

Do you have small or tiny pieces of gold from a ring you had resized or small pieces of other gold jewelry lying around and you don't know what to do with it? The Bennetts at Nature Coast Jewelers have been asked that same question, and they came up with a novel idea. They put PHP's name on a jar and started collecting these tiny scraps. They decided to see what they had collected over three years. To their surprise, it added up to over \$3K+ which they turned over to PHP. They said that the "thank you" belongs to the folks that donated their tiny pieces of gold so PHP thanks all of you folks. **Nature Coast Jewelers** - we thank you, too, for your novel idea.



## Our Next Mobile Food Distribution

For low-income  
Hernando County  
families

**Wednesday, March 29**  
**Always the LAST Wednesday**  
**of the month**

Begins at 10:30 am

Location: HELP Center  
1396 Kass Circle, Spring Hill

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

## Other Support Services

PHP is committed to breaking the cycle of poverty by helping the disadvantaged gain access to appropriate social service organizations, employment programs, and affordable quality healthcare.

Come see us if you need information or assistance with such things as SNAP, social security enrollment, job applications, unemployment assistance, and health insurance questions.



**PEOPLE  
HELPING  
PEOPLE**

in Hernando County

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