



# Food4Thought

People Helping People's Monthly Newsletter

May 2023

## DO YOU KNOW YOUR NEIGHBOR?

When you think of your neighbor, you probably consider those on either side of your home, across the street, or even a street over from yours.

Your kids may go to school together, play together, are on the same sports teams together.

You may see each other in school carlines, grocery store checkout lines, bank teller lines.

Some neighbors you know really well. You celebrate life's milestones together, enjoy holiday celebrations together, watch each other's children.

But, do you know your neighbor ALICE?

**ALICE** is an acronym that refers to the people in our community who are **Asset Limited, Income Constrained, Employed**.

The United Way of Hernando County just released its latest ALICE report and it can be found in its entirety [here](#) on their website. As defined by the report, the ALICE population represents those among us who are working but whose salaries do not match Hernando's general cost of living.

They are educated, hardworking, and striving to create a better life for themselves and their families. They are a **stunning 38%** of Hernando's population. And, an additional 11% of our neighbors are living in poverty.

Our neighbors who fall within the ALICE definition are living paycheck to paycheck with no savings to save them

from falling into a financial crisis over a major, unexpected bill. The majority of our neighbors have less than \$400 saved to get through a major event like a catastrophic illness. You know them. They serve you food at restaurants, teach your children, cut and style your hair, stock and ring up your groceries.....

The ALICE population is one large, unplanned payment-due notice away from homelessness.

Every day at PHP, we receive calls from people who cannot pay their rent or mortgage and are at risk of becoming homeless.

The face of the homeless is no longer someone struggling with mental illness or substance abuse.

It's seniors who have lived in their homes for years and are now facing a rent increase they can no longer come close to affording with social security as their only income. They are our neighbor.



It's a young family with children. One of the parents lost their job making their home no longer affordable. They are our neighbor.

It's a young woman who has fled a violent situation and has nowhere to stay but the streets. She is

our neighbor.

It's a 40 year old man faced with a health crisis and insurmountable medical bills. He is our neighbor.

Fortunately, Hernando County is home to social services organizations with some of the kindest, hard-working people, many of them volunteers. They offer rental assistance and help with utility payments, medical and mental healthcare, clothing, food, assistance with filling out and filing forms, legal advice, job search help, education, shelter. *(cont. on last page)*



*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**



# Good People Are Happy People!



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*"Think of giving not as a duty, but as a privilege." -- John D. Rockefeller, Jr.*

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

Amir  
Anonymous (we know who you are!)  
Vickie Bachner  
Karen Blystone  
Dollar General  
Emilia Peguero  
Interact  
Maggie & Jennifer  
Pepin Academies  
PEO Glen Lakes  
Quilters of the Nature Coast  
The Ruggiero Family  
Solace Behavioral Health  
SH Mermaids Girl Scouts  
SH Animal Clinic  
Springstead High School  
Charles & Veronica Stringer  
Timber Pines Guest Member  
Ladies Golf  
Wellington at Seven Hills  
The Yonkers

### **What, when, where to donate?**

Please consider - the items you donate are often going to someone who is homeless or without the funds to purchase other ingredients or the means to heat or bake it.

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

Monetary donations: mail to: PO Box 6182, Spring Hill FL 34611  
or online at [www.phphernando.org](http://www.phphernando.org)

Thank you!

## **Sunday Blessings Meal Sponsors -**

**THANK YOU!!!!**



**Christ the Savior  
Greek Orthodox Church**

**Holy Trinity Lutheran  
Church**

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

Anonymous  
Franklin & Betty Jean Andreae  
Anthony & April Artesmisio  
Linda Bixby  
Blooms 4 Good Program  
Brookridge Friday BINGO  
Kelly Brown  
Catherine Buonemani  
Donation Jar HELP Center  
Alesis Fedrick  
Laura Hardin  
Syed Waqar Hasan, MD  
The Joshua Foundation of Hernando County  
Alison Kalvelage  
Kenneth Krueger  
Sona Movalia  
Debra Peary  
Pine Grove Village  
John Rinaldi  
Romans Fresh Squeezed Lemonade  
Sunday Blessings Donation Jar  
Richard Sweade  
Devan & Emily Thorne  
Aubrey M. Tolson, Jr, Trust  
Weeki Wachee Swamp Festival  
Neil Williams and Jane Mendelsohn

**If you are 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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## Tersia is Awesome!

Speak with Tersia for more than a few minutes, and she will share something “Awesome!” with you.

Tersia manages our very robust and critical Weekend Blessings program that provides four meals for kids in need to have over the weekend.

Since taking on the program, Tersia has expanded it to cover more school age kids both during the school year and over the summer. Her background in accounting has proved invaluable in creating an inventory to ensure the program is meeting the needs of hungry children and being a good steward of the donations that keep Weekend Blessings running.



Tersia is always encouraging her strong team of volunteers who support the program. She can often be heard calling her team and its endeavors and results “awesome!”

Tersia came to the US from South Africa with her three children. As luck would have it (for PHP), she happened into the HELP Center just when we were in need of someone to manage our Weekend Blessings. She eagerly signed up for it and the result has been nothing short of “awesome!”

Thank you to Tersia and all the volunteers and donors who support our Weekend Blessings program!

## 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**  
Will resume in August

**Sexual Assault/Domestic Violence Support Group**  
Every other Monday, 5:30pm - 7pm

**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>



### Our Next Mobile Food Distribution

For low-income  
Hernando County  
families

**Wednesday, May 31**  
**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.)*

*(cont. from p.1) Neighbor*

The list is full but none of them can do it alone. It takes a community looking out for their neighbors, holding elected officials accountable, volunteering and donating to the cause.

Homelessness is a complex issue. From responses of attendees at PHP's Hernando Homeless Initiative meeting earlier this month, a new community task force has been organized to mobilize existing resources and services to assist in the battle. The next meeting of the taskforce is June 27, 3:30p - 4:30p at the Greater Hernando Chamber of Commerce. If you are interested in learning how you can help your neighbor, call PHP at 352-686-4466.



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