



Food4Thought

People Helping People's Monthly Newsletter

February 2023

WELCOME ABOARD!

People Helping People's Board of Directors recently welcomed three new board members - Dr. Earlie Hairston, Paul Ligman, and Bev Reso. The expertise, knowledge and passion they will be bringing to their volunteer role as a member of the Board is already palpable with some of the new programs and services PHP will be providing (more to come on that!).

Dr. Earlie Hairston was already offering his podiatry expertise to PHP's free health clinic before being asked to serve



on our board. He has been practicing in the area since 2004 and splits his work schedule between office hours/hospital

surgery, working in skilled nursing facilities, assisted living facilities, and patients in hospice care, especially caring for those that cannot get out to see their healthcare providers.

"I really enjoy helping out the people in my area because it helps keep me grateful. I am very fortunate for what I have in life. I try not to take anything for granted. For me, working in healthcare is a privilege."

While on the board, Dr. Hairston would like to see PHP increase access to healthcare for the uninsured, not only for podiatry, but other specialties.

Born and raised in rural Virginia, the doctor and his wife and daughter love Florida. He only misses the colder weather every so often.

PHP is happy that Dr. Hairston intends to stay in our state and we share in his vision to expand our clinic.

Paul Ligman came to PHP as a volunteer after seeing the joy it brought his wife Ardis who was already volunteering with our free health clinic. Paul stepped right up and had put in many hours already when PHP asked him about his interest in becoming a board member. Without hesitation, Paul submitted his resume that includes a military and law enforcement career. His M.S. in Mental Health Counseling is certainly useful at PHP.



Paul acknowledges the good fortune he has had in his life. Volunteering at PHP and being a board member is for him one of his ways of paying it forward.

Paul and Ardis have lived in Florida for 35 years and are proud parents to adult children, two daughters and a son.

Bev Reso may be one of the busiest volunteers in Hernando County!



She has served on many boards including the Kiwanis Club of

Spring Hill, Lighthouse for the Blind, and Greater Hernando County Chamber of Commerce.

Bev started the dental clinic at Crescent Community Clinic and worked there for more than 10 years. She also was incremental in the forming of The Kiwanis Club of the Adventure Coast.

On top of all of this, Bev is still working as part of the management team for Ackley Dental Group.

PHP appreciates that she has chosen to use her unending energy and love for the people of Hernando County as a board member with us!



Weekend Blessings is supported by grants from the following:

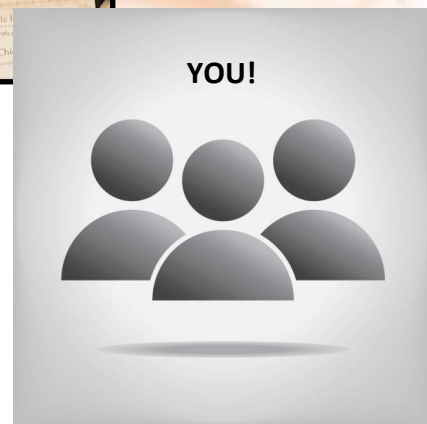


PEOPLE
HELPING
PEOPLE
in Hernando County

www.phphernando.org
352-686-4466

SOME OF THE FOLKS WE COULDN'T DO IT WITHOUT!

Thank you!



Pictured are just some of the generous folks who have donated to our Sunday Blessings meals. (McDonald's, Cali St Taco, Bonefish Grill, Chick Fil A, Outback Steakhouse, GiGi's Pizza). Thank you!!! (and a special thank you to our volunteer Angela Porterfield who helps these donations run smoothly!)



**PEOPLE
HELPING
PEOPLE**
in Hernando County

**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 during January!

Virginia & David Alexander
Amy
Anita
Anonymous (we know who you are!)
Chris Bierriel
Matt Bouchard
Joann Chambers
Dottie
PEO Glen Lakes
Herman's House
Holy Trinity Church
Joy
Jules & Wyatt
Kind Animal Care
Linda Metter
Maggie & Jennifer
Marilyn
Hans Roeming
Ralph the Roofer
Wendy & Seth Rousch
Skintastic Med Spa
St Paul the Apostle Old Church
Veronica Stringer
TCMS
Vickie
Vincent House
Daryl Whiteside

Wondering what to donate?

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

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



***In Loving Memory of
Melissa Atkinson***

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***

Thank you to those who contributed monetarily during January!

Anonymous
Anthony & April Artemisio
Sue Ann Arthur
Shawn Berg
Blooms 4 Good
Kelly Brown
Catherine Buonemani
Joseph Byron
Murilene Cronk
Donation Jar HELP Center
Glen Lakes Garden Club
Dr. Sued Waqar Hasan
Alison Kalvelage
Michael & Ruth Kosteva
Network for Good
James & Debra Peary
Victor & Barri Schledt
William G & Ivette Shaheen
Siloam Lodge #399 F&AM
Simple Generosity
Spring Hill Nature Coast
Lions Club
Sunday Blessings Meals
Donation Jar
Richard Sweade
Nicole Wayers

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
352-686-4466***

Have you seen this guy?



Chances are if you've donated or received food or have been in line for our Mobile Food Distribution, you've seen and most likely spoken with one of PHP's busiest volunteers, Jason Matheson.

Jason came upon PHP in a round about way almost three years ago. He was giving a ride to a neighbor who wanted to learn more about PHP, and as Jason puts it, he "fell in love" with what PHP does and knew right away this was



where he belonged.

Jason is particularly amazed with the chance encounters he has almost daily that brings those in need to PHP's Kass

Circle HELP Center to receive some of our services, along with those who eagerly step up with donations to support what we do.

Jason has lived in FL for the past 24 years. He's married and dad to two sons.

A job opportunity brought Jason to Florida many years ago. A helpful offer to ride a friend brought him to PHP. Feels like the stars aligned just right!

Stay tuned for more! In the near future, PHP will be providing space for a rape/domestic survivor support group and a weekly coffee with veterans meet-up.

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

Want to know what's going on at People Helping People?
Our Calendar is online - view it here:
<https://phphernando.org/calendar>

Chili Cook Off Winners!

Check out the lucky winners from our Chili Cook Off (although we think every contestant was a winner because through their participation, they helped to support their neighbors in need!)

1st place - Barbara Flaughter

2nd place - Jennifer Baker

3rd place - Patrick Downing

People's Choice - Ken Hayes



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, employments programs, and affordable quality healthcare.

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



**PEOPLE
HELPING
PEOPLE**

in Hernando County

www.phphernando.org
352-686-4466