

August 2023



# The Apple Newsletter

News and Highlights from  
Community Help Network, Inc.

Volume 18



To make donations go to:  
[www.communityhelpnet.org](http://www.communityhelpnet.org)  
Or scan this QR Code with your  
smartphone camera.



## Garden Update

Anyone interested in helping with this year's vegetable garden is welcome to contact Bonnie at 219-805-3717 or Bob Votaw at [cpvotaw@gmail.com](mailto:cpvotaw@gmail.com). The beans have been coming in very regularly and we have been sharing them with clients. Our tomatoes have just begun ripening and we've given a few of those to our clients.



## New Website

We want to give a shout out to three recent Purdue Northwest graduates.

Nick Cantley, and classmates Salvador and Shawn.

These three young men have designed a fresh, exciting website for CHN as their senior project.

They received an "A"! There's still a bit of work going on with the site, but it's lookin' pretty darn good.

We are so grateful!

[www.communityhelpnet.org](http://www.communityhelpnet.org)

Your Buddy Bags Walk/Run Team.  
Join us on Sept. 17<sup>th</sup> for Hub City Race  
and on Oct. 27<sup>th</sup> for Witches in the Woods.  
Both of these races will be at the Lake  
County Fairgrounds in Crown Point.

Find out how to join and/or support  
**Team Buddy Bags** by emailing Paul Sills:

[Harrier113029@gmail.com](mailto:Harrier113029@gmail.com)  
[hometownhappenings.net](http://hometownhappenings.net)



Century Club is a success!  
Pictured are Bette Oesterle (Mastermind of the Century Club) and Sue Riester, co-treasurer of CHN. This is such a wonderful way of showing your continuing support of CHN and our programs.

*Please consider contributing at one of the following levels:*

*Red Apple Club - \$100.00*

*Silver Apple Club - \$500.00*

*Gold Apple Club - \$1,000.00*

*Also, please consider making your gift an annual contribution!!*

## Crossing Over

*By Laura Toops*

It was a blast! We are thankful to all who participated in the production of the play, all who attended one or more of the performances and to Val Stahl and Debbie Bonneau for the amazing hours devours and desserts! The six performances over two weekends netted over \$3,000 for CHN!



Back Row: Laura Toops, Sandy Boyd, Bonnie Meyer, Dwain Winstead, Dana Zurbruggen, Anne Nicholls, Chelsey Stinnett, Gayle Weeks. Seated on the couch: Eris Pauley, Alex Ruehl and Sam Dommer.

It's back and we're cooking out!  
Our guest griller is Crown Point's Mayor Pete Land. Join us on Saturday August 5<sup>th</sup> from 11:00 am until 1:00 pm for Ladle of Love. There will be lots of food, fun, door prizes and maybe some music. Help us find out if Mayor Pete is the "griller of our dreams".



Bi-Monthly Luncheon  
1st and 3rd  
Saturdays  
11:00 a.m.  
to  
1:00 p.m.



**Household Pantry** – Providing hygiene items, paper products and cleaning supplies to low-income families in South Lake County. Open Tuesdays 9:00 am until 1:00 pm and Saturdays 9:00 am until Noon. We are in need of Community Partners who can keep a collection bin for pantry items in their place of business. Call or email if you are interested. Thank you!

**Little Free Library** – A large selection of books for all ages. All books are free. Open any time there are people at the warehouse. We are interested in new or lightly used children’s books. Our Household Pantry clients often have their young children with them and they much enjoy the library. Want a book, take a book. Have a book, leave a book.



**From Bonnie’s Messy Desk**



Summer has been filled with activity here at CHN. The garden is doing very well, we’ve had several Amazon donations and we have been busy with the Summer Buddy Bags Program and the Crown Point Summer Student Meal Program. Those two programs end on August 5<sup>th</sup> at which time we will begin to concentrate on the new school year. On August 16 and 17 we will be doing some major cleaning of the warehouse, volunteers are needed.

We are in need of delivery volunteers for Hanover Schools and Lake Central Schools and Solon Robinson Elementary School in Crown Point. Please call 219-805-3717 if you can help out. Our new website is still working out a few glitches on the volunteer page. Please be patient. If you have trouble with any of it just give a call. The 2023-2024 school year will be sure to have some challenges. Rising food costs, of course, are a concern for everyone. Food Drives are extremely helpful. If you, your work, your school, your church or organization would like to have a Food Drive please reach out to us and we will send you a list of the items needed.

Community Help Network (CHN) is celebrating **Kids Eat Right** month for the month of August. The campaign focuses on the importance of healthful eating and active lifestyles for kids and families. School-aged children often do not eat enough of some food groups including vegetables, fruits and dairy. It’s important to teach kids about healthful foods and include physical activity into each day. This month is a perfect time to reevaluate a family’s eating and physical activity habits and take some steps to make positive, healthful changes.

- Shop smart – CHN assists families by providing shelf stable foods and have increased the amount of fruit, protein and decreased the amount of salt and added sugar in the week-end Buddy Bag (BB). The Summer Buddy Bag program provides food from all but the dairy food group. Fresh vegetables are offered from the CHN garden. As a result, the family food budget can support the purchase of perishable dairy, produce and protein options. Also, many children accompanied their parent and assisted in shopping. Getting children involved in food selection assists in increasing their interest in trying those foods.
- Cook Healthy – Parents can involve children in the preparation of meals with age-appropriate tasks. They will learn about food and may even be curious enough to try new foods they helped prepare.
- Eat Together – Gather around the table as a family to enjoy a meal and the opportunity to share the day’s experiences with one another. Family meals encourage healthy family relationships and good eating habits.

Learn more about the program by following the CHN website [www.communityhelpnet.org](http://www.communityhelpnet.org)



*We’ve made a few changes to the inspirational cards. Now the kids have something to color. And, we put important information for parents on the back side.*



Community Help Network, Inc.  
550 East Burrell Drive  
Crown Point, IN 46307



730 E. Lincoln Hwy, Schererville  
1615 Calumet Ave., Valparaiso

(219) 805-3717  
communityhelpnetwork2020@gmail.com  
www.communityhelpnet.org

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