



The Apple Newsletter

February 2024.

News and Highlights from
Community Help Network, Inc.

Volume 24



From Bonnie's Messy Desk

I truly did try to clean off my desk before leaving for a mission trip to the Island of Roatan, Honduras on January 27th. You can ask Eden.

This is my 13th mission trip to this tiny, poor, beautiful island. I may or may not be able to return, depending on my retirement planning. So, I am making the most of this trip. Reconnecting with old friends and visiting favorite places. And, eating too much. Fresh fish and seafood!!!



As I sit here on the veranda of our hotel, the wind is shaking the leaves of the banyan trees and bending the coconut palms. It is lovely here, but the wind is surely blowing in a storm.

While I am here, though, my mind and heart are with CHN. I am planning and dreaming of a bright future for this amazing organization. In April we will celebrate our 4th anniversary. Once again, as last year, we will have a fundraiser dinner in celebration. Ticket information will be forthcoming on Facebook and our website, www.communityhelpnet.org.

In four short years we have grown rapidly. We have added new programs like the Household Pantry and Ladle of Love. These have offered those we serve some peace of mind and really good food.

We are planning on offering more services for our clients and more opportunities for our volunteers. Keep an eye on our newsletters, Facebook posts and website.

I am so grateful for everyone who has donated, volunteered and encouraged us along the way. You all are part of our success. You are the ones who bring so much joy to the students who love their Buddy Bags. You are the ones who give our Household Pantry clients the peace of mind, knowing they are not going to run out of toilet paper, or toothpaste or any of those needed items that they cannot purchase with SNAP benefits. You are the ones that make it possible to feed 50 plus people twice a month. And, it's incredible food! Thank you, Tavern on Main, Great Harvest Bread Co. and Full Plate Catering. Thank you! *Bonnie J Meyer*

Lenten Household Pantry Challenge

Lent is a season of sacrifice. People often give up something they like to do or eat or drink.

During Lent 2024, beginning Ash Wednesday, February 14th through Easter Sunday, March 31st, we are challenging the supporters of Community Help Network to a different kind of sacrifice.

As you may or may not know, low-income families cannot use their SNAP benefits (aka Food Stamps), to purchase paper products, hygiene items or cleaning supplies.

These are exactly the items we offer families in our Household Pantry, which is currently serving about one hundred families each month.

We are challenging you to collect one of these items listed below each day, as possible, through the Lenten period.

We would then like you to deliver them to our warehouse location, 550 East Burrell Drive, Crown Point (red door by the loading dock), the week of April 1st between the hours of 10:00 am until 3:00 pm Monday through Friday and Saturday 9:00 am until Noon. If this is not possible or convenient, you may bring items during pantry hours: Tuesdays and Saturdays between 9:00 am and Noon or Wednesdays 5:00 pm until 7:00 pm.

Items Needed

All-purpose cleaner, dish soap, laundry pods, fabric softener sheets, hand soap, bars of soap or body wash, shampoo, deodorant, hand or body lotion, hand sanitizer, disposable razors, toothpaste, toothbrushes, feminine supplies, diapers, baby wipes, adult diapers, adult wipes, toilet paper, paper towels.



Never a worry when these two are representing CHN. Thank you, Eden Koenig and Paul Sills, Board President and Vice-President, for attending the Andean High School's Cross-Country Team Banquet on Friday January 26th at Youche CC. CHN was invited to the event to speak to the young athletes about Faith, running and serving. On Saturday January 20th a group from the team and their coach Dr. Williams, volunteered at Ladle of Love. They were engaged, helpful and courteous. They also brought donated items for the Household Pantry. We hope to see them again soon.

Are you ready for 2024?

Join us on our journey into a new year, new opportunities, new challenges and new successes. We invite you to stay with us as we continue to grow and offer those in need in our community more ways to work their way out of poverty.

The Mission of Community Help Network, Inc. is to provide programming to help eliminate food insecurity and systemic poverty in South Lake County, Indiana. We serve those citizens in our community that dwell in poverty, while respecting each one's diversity with equity and inclusiveness.

Community Help Network receives a check for \$600 from the National Honor Society students at Mac Arthur Elementary School. This money was raised prior to the Holidays by selling "Candy Grams".

Thank you, National Honor Society Students, Ms. Larson and Ms. Newsome, for your hard work and dedication to helping others.



New Pantry Days & Hours

Providing hygiene items, paper products and cleaning supplies to over 100 low-income families in South Lake County each month.

Open Tuesdays and Saturdays 9:00 am until Noon and Wednesdays 5:00 pm until 7:00 pm

Use This QR Code to Donate



So happy to see our very own Ruth Argenta highlighted in Senior Living Magazine

<https://issuu.com/thepapersinc/docs/sl-nw-jan-2024?fr=sOGUzMTYyNzY0MjY>

Ruth is a vital member of the Community Help Network Board. Ruth closely monitors the nutritional values of the Buddy Bag contents. She works together with the board to make improvements whenever and wherever possible.

We also survey Buddy Bag parents to see how we might improve the contents include in the bag.

Our recent survey revealed that the cans of tuna were not being well received. We have switched pouches of chicken for the tuna and will be surveying the parents again at the Annual Family Fun Fair in June.

At the beginning of the school year, a trial was started with the Foodbank of NWI. During the almost four-month trial, the Foodbank was able to provide CHN with food for Buddy Bags as ordered, delivered to the warehouse and at a competitive price. With the positive results, the board made the decision to enter into a partnership agreement. As a result of the partnership, the menu has been changed to include chicken in packs, a juice pack, and bear grahams. We are hopeful the students will enjoy the changes, which also result in a lighter bag.



We are happy to announce that Wallace Consulting of Merrillville, is offering free tax return preparation for our clients. Thank you so much Teri Wallace and staff. Teri is also one of our dedicated volunteers at the warehouse. She and her family are a wonderful help.



Full Plate Catering



Tavern on Main, Full Plate Catering and Great Harvest Bread Co. join forces for Ladle of Love on Saturday, February 3rd and February 17th. Chef Honey from Tavern on Main and CHN cooks will be working together to present some delicious food. Great Harvest Bread Co. will provide the best bread this side of the Atlantic.



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