



February 2023

The Helping Hands Food Pantry of Roseville exists to improve quality of life for Warren County residents by providing assistance to families in need and by developing programs to strengthen families and individuals.

Proud Member Agency



Roseville's Food Pantry can continue its mission of feeding hungry people because the community continues to support the organization.

Helping Hands thanks the following individuals who shared in January 2023:

Casey's (Roseville) Ron & Gloria Koch Roseville Christian Church
Berwick Baptist Church Peggy Shimmin Lois Brechbiel
George & Janelle Hennenfent Mary Worthington David & Kay Stropes
Melinda Frakes Amy & Rudy Corman Jerry & Mary Ann Shrader Mark Walter
Karen Larkin Peggy Carr Joan Blindt Carol Becraft Memorials

Helping Hands of Roseville is an important part of this community. Everyday the Roseville community provides both financial and physical support. We want you to know how much we value the time, money and energy that many of you donate to Helping Hands. We couldn't exist without each and every one of you. Thank you.

But many of us are very busy (in this farm community) and many of us are slightly older and having more difficulty doing the lifting and carrying of food that is necessary to our work at the Food Pantry.

So here we are, asking you to volunteer, again. We need your help. We need a few hours or many hours. We need drivers to go pick up food in Monmouth, Galesburg and Peoria. Driving may be regular or just occasional. We need help unloading when the drivers return with the food. We especially need volunteers to help with the clients. Again, that time spent at the pantry can be regular or occasional. We even need help on the Board that keeps this organization running. If you are interested, call any of us that you know personally. If you don't know any of us personally, call Cyndy Hunter at 217-622-4815. Any of the Board members would be glad to talk to you about what we do. The people who need food will thank you. And, let me tell you, that is quite a reward.

Because we are currently so very short on volunteers, we have hired temporary help for a few hours each week until we can find the volunteers we need. We tell you that because we want to be open and above board about all we do. We see this hiring as a short-term solution to our volunteer shortage problem. Helping Hands is a volunteer organization but for a short period, we may need to hire help.

Thank you for your support. Please volunteer.

5 Benefits of Volunteering

Whether you're the type of person who craves a lot of social interaction or whether you prefer as little as possible, volunteering has social, career and personal benefits. Here are the top 10:

1. Provides you with a sense of purpose

You may be able to find your purpose through volunteering and becoming part of something greater than yourself. For instance, if you're retired, unexpectedly unemployed or have lost a loved one, helping others can give your life new meaning and keep you mentally stimulated.

2. Provides a sense of community

Volunteering can help you feel connected to those you are helping in the community. This experience may make you want to get involved with other aspects of your community, such as local politics or advocating for programs you believe are important.

3. Helps you meet new friends

Volunteering is a great way to meet new friends as well as strengthen existing connections with friends, family or coworkers. As a volunteer, you'll typically interact with people from diverse backgrounds, which allows you to learn other perspectives.

When you choose an organization or cause to volunteer for, consider the people you're volunteering alongside as well. Sharing a common interest will help you build closer relationships with those around you.

4. Increases your social skills

Volunteering gives you a chance to talk to new people and sharpen your social skills. By spending a lot of time working with others and using social skills, like active listening and relationship management, you'll have the opportunity to develop your future personal and business relationships.

5. Improves self-esteem

Volunteering may boost your self-esteem and self-confidence. When you do something you feel is worthwhile and valuable for your community, it gives you a sense of accomplishment that may help you feel more fulfilled about your life and any future goals.

5 more benefits coming
next month!

REMINDERS:

*Helping Hands has a FACEBOOK page:
search "Helping Hands Food Pantry"

*Our website is
helpinghandsofroseville.org

*By choosing "Helping Hands of Roseville" as
your charitable organization on
smile.amazon.com, your on-line Amazon
shopping can benefit the Pantry.

The Pantry is open MONDAYS 9-Noon
and THURSDAYS 3-6 p.m.

Numbers for January 2023
138 Families, representing 434
individuals, including 145 children,
and 45 families on SNAP.

Numbers for December 2022
120 Families, representing 391
individuals, including 127 children,
and 33 families on SNAP.

**Our February shifts are all
full!! Thank you!! Give Jan S
a call at 309-255-7504 to sign
up for March or to ask about
becoming a volunteer.**

2022-2023 Board of Directors

President: Cyndy Hunter Vice-President: Barb Gossett Secretary: Janet Steiner Treasurer: Flint McCullough