



March 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 February 2023:

Steve Lacksheide Roseville Christian Church Roseville Church of the Nazarene
Ron Koch David Mahoney Dave & Kay Stropes Mindy Kruckenberg
First United Methodist Church of Monmouth Joan Blindt

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 February:
108 Families, representing 367 individuals, including 131 children, and 40 families on SNAP.

The March volunteer calendar is almost full!! Thanks to all! Give Jan S a call to sign up for April 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

To sign up for or discontinue receiving the Helping Hands monthly newsletter, please contact us at HelpingHands.Roseville@gmail.com

5 More Benefits of Volunteering

...Continued from last month

6. Teaches you valuable skills

The training and hands-on experience you gain while volunteering can help you learn new skills as well as build upon ones you already have. For example, if you advocate and raise awareness or funding for a cause that interests you, you'll gain valuable communication, public speaking, marketing and other hard and soft skills. You can then put these skills on your resume to show employers how you build relationships outside of work in addition to any personal interests that can set you apart from other candidates.

7. Provides job prospects

Along with acquiring valuable skills and experience, you may also meet people while volunteering who can become your mentors or at least a part of your professional social network. If you choose to pursue a career in the field you're volunteering in, the connections you make also may help increase your job prospects.

8. Brings fun into your life

Many people use volunteering as a way to pursue their hobbies while making a difference. For example, if you're interested in the outdoors, you might volunteer at your community garden or help out at a children's summer camp. Volunteering for organizations or causes also may provide you with a renewed sense of creativity and motivation that carries over into your personal and professional life.

9. Can help you be happier

It often feels good to contribute to projects and organizations that mean something to you. These good feelings can help lessen the effects of stress, anger or anxiety in your life. Volunteering may provide you with the tools you need to be a happy and well-rounded individual. Building bonds and connections with people you volunteer with also may counteract any social isolation. Many volunteer opportunities also may involve physical labor to keep you active and reduce stress.

10. Gets you out of your comfort zone

Through volunteer work, you may overcome the personal challenges of leaving your comfort zone and doing something new with people you may not know. You may be faced with various problems to solve as a volunteer that require you to exercise critical thinking skills that aid your own personal development.

There is only 1 volunteer spot that needs to be filled on March 30.
If you can help, please call Jan S!

Also, if you would prefer to work a 1/2 shift because 3 hours is just too long, we can work with that! If you can find another volunteer to take the other half, great! If not, just let Jan know, and she will find someone.