



September 2021

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 August 2021:

Steve & Karen Erlandson   Scott & Linda Jones  
Jim & Alice Babcock   Karen Larkin  
Roseville Christian Church Vacation Bible School  
Roseville Boy Scouts   Marsha Morgan  
Michael Gooding   Ron & Deb Moore  
Dick & Trudy Bayne   Wendy Huston   Bayer  
Lee & Judy Bagley   David Mahoney  
Gordon & Jane Young   Pat & Cherilyn Thomas



The Roseville Christian Church Vacation Bible School raised over \$800 and 150 pounds of food! Pictured from left to right are Jim Babcock, Johnny Sparrow, Pepper Sparrow and Alice Babcock. Thank you so much to all the children who brought in money or cans.

You are awesome!! The challenge was if they reached \$250 or 250# of food, the children would get to pour ice water on one of the youth pastors. If they reached \$500, they would pour ice water on both of the youth pastors. They exceeded their goal for sure!!

The following is taken from the May 2021 issue of "Have a Good Day" by Tyndale House Publishers.

#### KINDNESS IS A HEALTHY PRACTICE

A five-year Gallup study discovered volunteering has health benefits comparable to eating six or more servings of fruits and vegetables each day -- 24 percent lower risk of early death, 38 percent fewer nights in the hospital, and lower risks of both high blood glucose and heart disease.  
Who wouldn't want to volunteer with such bonus rewards!\*

"When you help others, formally or with a random act of kindness, you experience a sense of purpose and may develop new skills, boost your self-esteem and self-confidence, brighten your outlook on life, and improve your overall mental health, decreasing the risk of depression. And you make new friends along the way."

\*As the bumper sticker says: Humankind: Human: Kind \*

September 21st is National Volunteer Day

Helping Hands thanks our outstanding volunteers for their selfless giving. Each one of you is valued and appreciated more than words can ever say.



Thank you to the Roseville Boy Scout Troop #336 for your recent food drive! WOW!! You are helping so many people with all these goodies. Thank you to the people of Roseville who donated as well! We are truly blessed!

#### REMINDERS:

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

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\*Our website is

[helpinghandsofroseville.org](http://helpinghandsofroseville.org)

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

#### Numbers for August

105 Families, representing 293  
individuals, including 89 children. Also  
noted: 31 families on SNAP.

Give Jan S a call to sign up for  
September's volunteer schedule  
or to ask about becoming a  
volunteer.

\*2020-2021 Board of Directors\*

President: Grace McCrery Vice-President: Cyndy Hunter Secretary: Janet Steiner Treasurer: Amy Corman

To sign up for or discontinue receiving the Helping Hands monthly newsletter, please contact us at [HelpingHands.Roseville@gmail.com](mailto:HelpingHands.Roseville@gmail.com)