



THE HELPING CENTER

CLIENT NEWSLETTER

JULY 2022

OUR MISSION:

The Helping Center of Marble Falls provides nourishment and limited financial support to our neighbors in need in a dignified and hope-filled setting. As a unified community of Christians, we also offer opportunities for education, fellowship, and referrals providing a path to self-sufficiency.

NEED HELP? WANT TO HELP?

Hours of Operation

M-F 9:30 am - 1:30 pm (food/assistance)
Tues 5:00 pm - 7:00 pm (food)
Thurs 5:00 pm - 7:00 pm (food)

Physical Address

1016 Broadway, Marble Falls TX 78654

Mailing Address

P. O. Box 402, Marble Falls TX 78654

Phone | 830-693-5689

Website | helpingcenter.org

Facebook | Marble Falls Helping Center

Instagram | [thehelpingcenter](https://www.instagram.com/thehelpingcenter)

JULY HOURS

The Helping Center will be closed on Monday, July 4, in observance of Independence Day.



Follow The Helping Center on Facebook, Instagram, or our website for information on cooking demos, events, operating hours, and closures.

Happy 4th of July!

The Helping Center wishes to honor members of our armed services, past and present, who have served our country with valor and distinction. We also remember and honor those who have fallen to protect our freedom.

NOTICES & COMING EVENTS

“GET THE FACTS” Nutrition Class | Thursday 10:00-10:30 am | July 21
The Helping Center partners with Texas A&M AgriLife to bring you the last class of this four-part series. Learn how fats, sodium and sugar influence health. Information booklets (English/Spanish) and giveaways will be provided. A translator will be on hand for Spanish speakers. Those who have attended all 4 classes will receive a Certificate of Completion that can be redeemed for a \$25 HEB gift card.

SEEKING HOUSING? | Community Housing Assistance Program | The Endeavors program is providing rapid rehousing, case management, and homeless prevention services to qualifying individuals and families. Eligible households are those that: (1) are at-risk of experiencing homelessness (2) have income less than 50% of AMI (3) were affected by the COVID-19 crisis. Qualifying participants may receive funds to help with utility payments, rental payments, and immediate housing. Call the Texas Homeless Network at 833.860.3003 or see CHAP-TXBoS@endeavors.org. Or, visit the Community Resource Center next door to The Helping Center.

COOKING DEMO | Our cooks are taking a break during July! Our next demo will be in August.

KINGSLAND HEAD START | is accepting applications for the 2022-2023 school year. Head Start is a pre-school offering education and medical, dental, developmental, and nutritional benefits at no cost. Children ages 3-5 may be eligible. Pick up an application at 1008 Venus Street, Kingsland or call 325.388.9326.

SUMMER READING CHALLENGE | June 1 – July 29 | The Marble Falls Public Library is hosting a Summer Reading Challenge for kids. Kids reading eight or more hours during the challenge will be awarded with prizes on July 29. For more information, call Kate Bravo at 830.693.3023.

AVOIDING DEHYDRATION

The “dog days of summer” are here and, with temperatures well into the 100’s, we are reminded of the importance of hydration.

Water makes up two-thirds of our bodies, and it is vital we drink enough fluid to maintain a healthy balance. We can become dehydrated by not drinking enough fluid or by losing fluids and not replacing them. The groups most at-risk are those working outdoors, infants, older individuals, people with long-term health conditions such as diabetes or alcoholism, and athletes, who lose fluid through sweating.

Signs of dehydration include dry mouth, lips, or eyes; thirst; dizziness; headaches; tiredness; lack of concentration; or pain when urinating. If dehydration is left untreated, it can become severe and life-threatening. If you have symptoms such as feeling tired, weak or rapid pulse, seizures, or lethargy; seek medical attention immediately.

To avoid dehydration, drink 8 glasses of water, milk, and/or juice each day and eat fruits and vegetables containing water (such as watermelon or greens). Your health depends on it!